



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLUG

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The farewell issue





Weekly pic

Over my time at CNU, I’ve been called many things: CNU Dad, Buffalo Chicken Dip Guy, Gamma Phi Ben. But one that I’m particularly proud of is Editor in Chief. It’s been an honor representing The Captain’s Log as its leader, creating the highest quality product in my ability and serving the entire CNU community as a whole. A major thanks to all of those who have stuck around for the whole ride.

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Happened

- April 17**
Student Leadership Awards
On Tuesday, students and various organizations were recognized for all that they have accomplished during this academic school year at the Student Leadership Awards.
- April 18**
Umoja and Lavender Ceremony
Cohosted by the Student Diversity and Equality Council, Black Student Union, African Student Union and Spectrum, the Umoja and Lavender Ceremony celebrated the graduation of students of color and students in the LGBTQ+ community. The ceremony took place in the Ballroom.

Happening

- April 19**
Delta Gamma’s Chipotle Fundraiser
The sisters of Delta Gamma will host a fundraiser at the Chipotle at Patrick Henry Mall this Wednesday from 2 p.m. to 9 p.m. Fifty percent of the proceeds will be donated to the Delta Gamma Foundation.
- April 20**
Take Note’s Spring Concert
Take Note, one of CNU’s two all-female a cappella groups, will host their annual spring concert on Thursday in the Peebles Hall—formerly known as the M&T Hall— at 7:30 p.m.



Captain’s Log Snapchat
Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

The Captain’s Log Staff
2016-2017

- | | |
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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 6:30 p.m.

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

FROM THE FRONT PAGE

I'VE GOT 99 ~~PROBLEMS~~ ISSUES

Four years of Captain's Log experience comes down to one final piece in which editor in chief Ben Leistensnider reflects on his CNU career.



Each year may have had its share of new challenges and unexpected obstacles, but one source of consistency was the fact that I could always count on the support of my friends to help me through.

BEN LEISTENSNIDER
EDITOR-IN-CHIEF

It honestly felt like this day would never get here. After having worked on 99 issues of The Captain's Log, I am now officially done, now and forever.

What a ride it's been.

I started working for The Captain's Log when a friend asked me to go to the first budget meeting at the beginning of freshman year. I begrudgingly agreed, since I had originally been planning on limiting my journalistic experience to just high school. I didn't realize it at the time, but agreeing to pick up a story on the women's soccer team for then-sports editor Collin Brennan would vastly alter my college story.

After being a consistent sports writer, Collin shortly promoted me to his official assistant. He was eager to have me accept but unsure of how to tell me. I can still remember how Sally Grace Holtgrieve, my first editor-in-chief and now one of my best friends and confidants, grew tired of him putting off asking me and forced him to offer the position to me in the middle of a critique.

Going on be bigger and better things, Collin ended up leaving the spring semester in order to pursue an internship in DC. I can still remember sitting in my room and getting the call from Sally Grace where she offered me the job to be the first freshman editor for the paper. That marked the start of my 60-issue stint as sports editor.

After growing accustomed to the comfort and familiarity of the sports editor position for two and a half years, I was nervous about taking on the helm of editor in chief. For someone who wasn't considering even

joining the newspaper in the first place, being put in charge was one of the most unexpected developments in my life.

But if anything, that illustrates one of the points I've learned most about college—and life in general—over the last four years. You can never know what the future holds for you. If you claim you do, I honestly believe you either have magical fortune telling abilities or are just naïve.

Because even the things that you would be safe to expect will most likely manifest in your life in ways you could rarely imagine. I take a look at the friendships I've formed over the years, and I can honestly say I never expected how important some of them have been in my life. Delve even deeper and you'll find I'm even more surprised about how some of them were formed. From being invited to my friends' hallmate's birthday to crushing on my coworker's roommate, there was no method of meeting someone that I did not employ.

Regardless of how we met, if we've ever spent some quality time together, I assure you that I consider you to be a part of my family. Family can be more than just blood. It's a support system, a group of individuals who go out of their way to watch you succeed and be happy. My second family has stuck by my side for nearly a century of issues—and the thousands of problems that I've faced in the meantime.

I won't lie, I was extremely concerned as I was preparing to work on my first issue as editor in chief that I was going to slip up. That I was going to disappoint all those who came before me. But here we are twenty-four issues later and the newspaper still hasn't burst into flames.



The only thing that has been ignited since then is my love for how much the paper has affected individuals. Seeing the joy on people's faces as they pick up the newest issue of the paper and realizing that they made the front cover is easily the second best perk of the job.

Regardless of how we met, if we've ever spent some quality time together, I assure you that I consider you to be a part of my family. Family can be more than just blood.

The best part about the job is the staff. When I was a little freshman, I remember being intimidated by being surrounded by a legion of senior editors. It feels strange now to think I was so scared by them since they are now among my

favorite people—Marie, Stephanie and Hannah, this one's for you. When I thought that I couldn't possibly meet people as influential as those three, editors like Macy, Jack, Victoria, Sam and Heather entered my life.

That's the incredible thing about The Captain's Log, those truly special people will always keep circulating through the ranks. Clearly I've made mention of how influential Sally Grace has been on my life.

It makes me proud to say that the spirit and light that she brought to the newsroom found its way back home. Madeleine, I'm so proud of the woman you are and the person you will continue to develop into. I know you are going to inspire people the way Sally Grace inspired me—heck, you've already been an inspiration to me.

So I do not regret how much time The Captain's Log has taken up over the past four years. At times it may have been tough to keep up, but I still had many of the experiences of your typical student. The newspaper didn't take away from my

experience; it just supplemented my collegiate experience. I was inducted into honor societies, became an orientation leader, skipped out on responsibilities to go to the beach with friends and even joined Greek life—if only for a short while.

Even if I wasn't in a fraternity for more than a semester, I knew that I could always count on my friends in Gamma Phi Beta to provide a much needed support system. I may not have been much more than your photographer, but all of you completely changed my time at CNU for the better.

I told myself I didn't want to be too sappy when I was writing this, so I guess I should just blame it on either the nostalgia or sleep deprivation. Or maybe it's a bit of both. Either way, this marks the end of an era in my life. So for the final time—this has been Ben Leistensnider, Editor in Chief of The Captain's Log.

I may not have been able to reach an even 100 issues, but hey, at least it made for a punny headline. ■



THE COMMENCEMENT TRADITION

What does commencement—and the accompanying traditions—mean to the graduating class of 2017?



Class of 2016 graduate Amy Askew holds her penny up to her lips as she prepares to toss it into the fountain as she walks to convocation. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

BY MELANIE OCCHIUZZO
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Commencement at CNU starts almost a week out of the actual day. The traditions, however, don't begin until Wednesday of Senior Week.

The senior gift toast will take place at sunset on that Wednesday and the final days till graduation begin.

The following three days are a flurry of traditions, preparations and overall fun for the graduating seniors.

On Thursday there is the senior picnic and rehearsal where the seniors can practice taking those steps across the stage before the real deal that Saturday.

Thursday night, the PLP grads are honored and the departmental awards begin and go through Friday night.

Friday is also when the Latin Honors are given in the Concert Hall where students who have received Cum Laude, Summa Cum Laude and Magna Cum Laude will be presented with their honors.

The honor's program grads are honored as well as faculty who are receiving tenure and promotions during Friday night's ceremony.

Amie Graham, Executive Director of University Relations, says that these evenings are just as much for the professors as they are for the students.

The final event leading up to Commencement on Saturday morning is the candlelight ceremony that will take place the evening before.

Student Affairs is in charge of running that portion of the evening and Michael Bamisile, Student Assembly President as well as Nora Huston, Student Class Council President, will be speaking there.

"I'm really excited to speak at the candlelight service and ring the bell," Bamisile says.

He is also a big fan of the traditions that CNU has surrounding graduation.

"I like it because it's different. It's going to be a good memory for me at CNU."

Bamisile remarks that even

though he is physically leaving CNU he feels as though CNU will always be in his heart.

Nora Huston is also very excited to be participating in commencement.

"I am excited to be graduating. This year has been filled with the greatest memories and it will definitely be bittersweet to leave. I am excited, though, to sleep for the first time in four years. I really think that senior week will be a great ode to our four years of hard work and I'm eager for what the adulting life has to bring."

As many know, there are several traditions that have prevailed for years at CNU, namely the Penny Tradition.

Graham says that every student who participates in Convocation Day their Freshman year will receive a penny.

This penny, if kept, will be the same penny they throw into the fountain as they walk to graduation.

The background of the penny tradition begins in 2001. The pennies and their

enclosures are provided by Sharon Conti, class of '89.

She is the president and CEO of Virginia Educators Credit Union.

Each penny is accompanied by a dedication written by the late Associate Provost and English Professor, Dr. Tracey Schwarze.

Conti wanted a way to give back to the future graduating classes and give them a memory to cherish from commencement says Graham.

On Monday after Commencement, the pennies are collected from the fountain and are donated to the graduating class's gift. In addition to the graduates of the year, there has been a 50th reunion of Commencement every year since 2013 that are honored during Convocation.

President Tribble recognizes these graduates and they get to be a part of the candlelight service the night before.

A fun fact about the candles from the service Graham says, is that they are the same candles that are lit at convoca-

tion.

The 50th reunion class lights off the candle of Truth and Knowledge and then passes that light along to the graduating class.

During the ceremony, graduates are officially sworn into the Alumni Society and receive their Alumni Pin.

This year the class of 1967 will be in attendance.

The final tradition that the graduates get to participate in is the Bell Ringing Tradition.

Each fall the incoming freshman class rings the bell after Convocation and then during the recessional the graduating class will ring the bell.

The class of 2018 will be the first class to complete the full cycle.

The Bell Tower features the bell from the SS United States, which was a gift from the late Dr. Sarah Forbes, CNU friend and benefactor.

Overall, CNU has many traditions, each of which makes CNU special and leaves a mark on the graduating classes for years to come. ■

Student Jobs post-graduation

Working as a CNU Fellow gives newly minted CNU grads a chance to continue working as a Captain.

BY MELANIE OCCHIUZZO

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Working for CNU doesn't have to stop at graduation.

Recent grads have the opportunity to apply to be University Fellows for one year after graduation.

Historically, the President's Leadership Program (PLP) has had Fellows but the question of how can the university use recent grads to enhance CNU's campus came to light when they needed extra help in admissions says Katie Wellbrock, Associate Dean of Students for Campus Life.

The first group of 10 Fellows that CNU hired was in 2010. Currently there are 14 Fellows employed by CNU, seven in admissions, three in PLP, two in student success and two in student engagement.

Wellbrock explains that each type of Fellow is unique and they offer different things to the CNU community.

Each kind looks for their Fellows to have different strengths and skills associated with the work they are about to perform over the course of the next year.

For example, the PLP Fellow applicants must have experience working with first year students either through RA, Setting Sail, tutoring, SLAP, etc.

The admissions fellowship hires the most Fellows every year since there is a great need for help with interviewing prospective students and recruitment.

On average, an admissions Fellow will interview prospective students, represent CNU at college fairs and high school visits and help with admission events.

Taylor Cocherell, Admissions Fellow, started her journey in Residence Life on campus.

She says that she always wanted to work in admissions though and if she hadn't already had a job on campus she would have applied to be a tour guide.

"For me it's been a great experience. There are 13 other people going through this postgrad process with you and it eases the transition."

Cocherell will be continuing her career as an admissions officer next year.

The graduates who are recruited for the PLP Fellowship have a slightly closer connection with the student body as they are responsible for mentoring the first year PLP students who come to CNU.

They are mainly responsible for one-on-one meetings with first year students called 'One-on-one success meetings' according to Wellbrock, the passport program, the coffee house series, supporting the community service portion of PLP and supporting the PLP minor overall.

Wellbrock says that Fellows are a way for students to get help from a less intimidating source than administration.

"Who best to help students than recently graduated students?"

Maria Fournier, a PLP Fellow



The Fellows are all focused on student experiences on campus. MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

said she wanted to become a Fellow because "it was due to the Fellows who came before me. They bridge the gap between administration and students."

She says that she and the other Fellows in PLP strive to be who they needed when they were younger.

Fournier also shares that she often felt that talking to a Fellow was much easier than talking to administration about problems.

The Student Success Fellows are there for academic support.

They plan workshops on study skills and time management as well as meeting one-on-one with first year students as needed.

"They are kind of like aca-

demic mentors," Wellbrock says.

The final kind of Fellow that a graduate student can apply for is a Student Engagement Fellow.

They help support the orientation program, provide mentorship opportunities to help students get involved and run the emerging leaders program.

They also help out the transfer and commuter students.

Often students who are homesick or can't find their niche are sent to the student engagement Fellows for help says Wellbrock.

In order to become a Fellow at CNU you must be a graduate of the class of the year that you are applying for, whether that be in December or May.

You write a cover letter and submit a resume to Career connect says Wellbrock. The hiring process takes place at the beginning of the Spring Semester.

"This way the graduating seniors have a chance to consider other options," says Wellbrock.

Wellbrock doesn't foresee the university expanding the Fellows program beyond what they have in place now, they get on average about 60 applications a year for 14 slots so it is highly competitive.

"Each year we get a fresh perspective and new experiences," says Wellbrock.

"It's an investment that we are making on recent graduates." ■

Working IT on campus

Student workers in the IT department on campus have a chance to fill out their resumes and learn about their field.

BY MELANIE OCCHIUZZO

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IT Services has a hoard of student workers at their command, who you may have seen working around campus.

The student workers are stationed at the help desk in the Tribble Library and at the reception desk in Gosnold.

"They are the first level of help for us," says Shane Leasure, Associate Director of IT for Systems and Support.

He explains that the students are especially good at helping other students with common tech problems such as installing onGuard, connecting to the wifi and helping with CNU Connect login.

Other than providing help at the desks, the IT workers get to shadow departments in IT and they work in tandem with the

full-time staff.

One service they help provide is disposing of computers for surplus.

Leasure says "It's very important for professors to have working computers."

So, having students available to do quick IT checks saves time for the full time staff. Leasure also says that the IT student workers are 'boots on the ground' for them.

He can send one into a classroom and have them tell him what the issues are so he can trouble shoot from the office.

"They learn teamwork skills and customer service mainly."

Currently, there are only 30 full-time employees so having students there to help solve IT problems is very helpful.

There are 26 student IT workers for this semester but the department has already started

the hiring process for the summer and fall.

Barbara Copley, Administrative Staff Specialist for project management and operations, says that they usually hire 20-23 students per semester.

Leasure and Copley say that students are required to be in the computer science department in order to work for IT services.

"It does help though," Leasure says. Everybody starts by answering calls and they work up from there.

Leasure says that they look for the ability to collect information, communicate and ask questions until you understand something.

"It doesn't mean you're an engineer from day one, you still need to understand computers proficiently."

He says that students who

work in IT learn skills that they can apply to their careers.

They have at least four student graduates from IT services that they have hired in the department but there are other CNU grads that didn't necessarily work for IT but got hired.

Students who work for IT services seem to agree with Leasure and Copley.

"I wanted a background in IT; this field will give me experience in troubleshooting and problem solving skills," says Ryan Fradj, a sophomore with a minor in computer science. He says that there's always a few people who come to the service desk who aren't from the school.

Fradj remembers a time when two kids who didn't look like college students came in who wanted to get their laptops installed with print anywhere.

After Fradj's co worker spent over an hour troubleshooting Fradj asked if the kids were even students on campus.

"They scattered after that," he says laughing.

Bradley Shaw, a senior student worker, says he worked for IT services because "It'd be something I could use in my field."

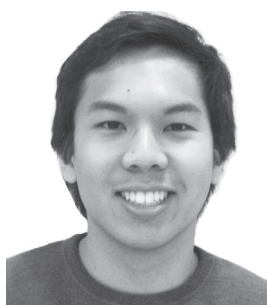
Shaw is an information science major and has been working for IT services for three years.

Another student worker, Alec Kellar says "I had friends working here; I wanted something else to do to occupy my time." Kellar is a senior computer science major.

He says that sometimes going into a classroom with 30 plus students can be a little funny, especially when you are just as lost as they are. ■

Farewell Dr. Lee: The Father of The Captain’s Log

The Captain’s Log would like to honor Dr. Lee with their thoughts and gratitude as he embarks on his next adventure beyond the ivory tower.



JOSH REYES
ALUMNUS

The Captain’s Log is a fluid publication.

It changes with times, with the staffs, with the readers, with the administration. From year to year the paper grows and changes to

reflect its environment.

But behind the scenes there is one constant, who quietly observes and gives wisdom and fights for the student press.

Shouts out to Dr. Lee, who for 23 years guided the news provided by students for students and kept the spirit of journalism alive on this campus.

Dr. Lee has had a hand in the CNU experience for every student who attended the university during his career.

In some way, they benefited from the work of the paper and Dr. Lee’s guidance.

Even if you’ve never picked up a print copy, the news in The Captain’s Log made it to you in some way.

We’re the ones announcing tuition and fees hikes, construction projects or features on the average students doing amazing things.

News spreads, and the news here really goes back to Dr. Lee, who’s endeavored to keep the avenue between student press and student body as clear as possible.

But of course, the people who owe him the most are the people like me, who directly learned from him and who used what we learned to make it in the real world.

I graduated in May and walked straight into a full-time job as a reporter.

And from the most recent crop of CLog grads, I’m only one of six who’s currently working in media.

Looking not-so-far back on my three wonderful years with the CLog, I realize I can’t thank Dr. Lee enough for the support and wisdom he so calmly and warmly offered us.

And looking ahead, I feel confident and excited knowing that I’ll always have all those little Dr. Lee lessons saved for when I need them. ■



MELANIE OCCHIUZZO
NEWS EDITOR

Over the course of my two years with The Captain’s Log there has been one constant source of support, Dr. Lee.

There has never been a question he couldn’t help me answer and whenever I

needed help with stories he was always there to assist me.

Something that I’ve always appreciated about him was his continuing love for the journalism world.

He imparted upon us a sense of urgency, to not take no for an answer and to do “good journalism” as he would call it.

Being a journalist is not an easy profession and it is not for the faint of heart but Dr. Lee made it all seem possible.

Throughout my time as an intern for the paper and a skittish editor at the beginning of the year he helped lead me through my fears and showed me just how to get the job done.

I distinctly remember telling him about roadblocks that I had considered impervious to my journalistic abilities and his first response to me was “So what? Do it anyways.”

I have carried those words with me and pushed for truth and factual stories while working for The Captain’s Log at CNU.

I never dreamed that I would become such a central part to The Captain’s Log while here at CNU and I know that I wouldn’t have made it this far without Dr. Lee’s help and encouragement.

As I prepare to start my senior year I often forget that I won’t have Dr. Lee down the hall, ready to answer any questions I may have.

But, a part of me realizes that I will probably never find a moment when I feel like I can’t shoot him an email to ask a question, he has made sure to leave his mark on this campus in a powerful way.

The work he has done for the past 23 years as faculty advisor for The Captain’s Log will never be forgotten and will be sorely missed.

We salute and cherish the Father of The Captain’s Log. ■



MACY FRIEND
PHOTO EDITOR

I began working for The Captain’s Log as the Photo Editor spring semester of my freshman year.

I entered this job with the experience of high school journalism, which I feel has brought many Captain’s Log members to this publication.

Prior to taking on this role, I knew the basic in and outs of journalism: how to take photos, how to write up small sections and I knew a little about layout.

I thought that being Editor-in-Chief of my high school yearbook gave me more than enough experience, but the more I continued working on the paper, I realized that I still had so much to learn.

Dr. Lee has only added to my journalism knowledge since my humble beginnings as someone who left a lot of white space on the pages—to the point that when I look back, it’s almost cringe-worthy.

Specifically, he’s taught me that my role goes far beyond just taking photos and making sure they’ve been taken for each issue.

He’s taught me that a photographer should be able to write just as well as they can take photos.

He always talks about storytelling and how photos should be able to do just that, even without stories and how, even though they’re essential, photos should be able to stand alone without captions.

At critiques, he’s always given helpful advice and guidance about how each section can improve, but he’s done so in a way that is constructive rather than just critical.

While I’ve mainly interacted with Dr. Lee in the academic setting regarding this publication, the lessons he’s taught the group go beyond The Captain’s Log.

Dr. Lee has helped teach me the importance of constantly working to improve techniques and the ways in which I think about documentary photography and sharing my passion with others.

I am going to miss his guidance and advice, but I’m so glad that I could work with him and I look forward to continuing to use his guidance in my everyday life.

No matter where he is, I hope he knows that each of the students he’s mentored are using a bit of his knowledge in their everyday lives. ■



MADELEINE SCHULER
LIFESTYLE EDITOR

You are the reason I chased after my love for journalism.

After four years in high school of constant designing, writing and editing, I was unsure of whether to continue that same love in college, especially if I wasn’t going to pursue a

career in the field.

However, your first-year writing seminar made me realize that if you have a passion for something, it doesn’t need to be work.

If you love it, then do it.

Thank you for sparking my love for this publication and showing me the impact that a small group of students can have on campus and beyond.

Thank you for taking notice of my work, for encouraging me and for challenging me.

You should be proud of the legacy you have left here and know that you have made a sincere impact on many. ■

Dr. Lee will be retiring to pursue his passion for creating documentaries for his Wisdom of Age project.

• *Farewell Cruise* •

SENIOR WEEK 2017

Order your Senior Week package by April 21!

Senior Class Council Tables

Thursday, April 20 from 11 a.m. - 2 p.m.

Friday, April 21 from 11 a.m. - 2 p.m.

David Student Union Breezeway

Order your Senior Week package, pick up a senior shirt, or make a gift of ANY size to get the exclusive donor decal!

Your purchase of a senior shirt for \$17 makes you a senior donor and includes a complimentary Class of 2017 koozie.



Front pocket



Back of shirt



Total Senior Donors: 597

Help us beat the Class of 2016!

Last year's class holds the record for the most senior donors - **over 680 donors.**

Make your gift today to help us break their record! cnu.edu/seniorweek

Senior Donors as of 4-17-17

Moving On: Class of 2017

As this academic year comes to a close, seniors are preparing to leave CNU to pursue their respective fields and step out of the “CNU bubble.”

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

Last year was only the second year that the Commencement ceremony was held in front of Christopher Newport Hall.

At the 91st Commencement, seniors are preparing to be the third class to do so in front of the building on May 13.

Whether they are going straight into a career, taking time to travel or attending graduate school, these seniors have made it clear that their experiences at CNU have paved the way for them to reach their goals and achieve success. ■

Photos by Macy Friend



Chris Keenan

Major: Organismal Biology

What's Next? Keenan has multiple opportunities in the works right now. He has been hired to work as a summer camp counselor at Camp Weequahic in Lakewood, Pa. as a waterfront and fishing counselor.

Following this offer, Keenan was offered a three to seven month internship in Koh Tao, Thailand with Simple Life Divers to complete his Dive Master and Dive Instructor training.

Another offer was extended for Keenan's dream job, an internship working at either the Cayman Islands or Belize earning his dive certification for free and bringing awareness of the oceans to others and work-

ing toward their conservation.

Finding his passion at a young age through his father, who gave him experience with freshwater and marine aquatic care, Keenan further explored that passion his junior year as an intern at the Virginia Living Museum with the Aquarium Curator.

Through his travel abroad experiences in Hawaii, New Zealand, Australia and Fiji, Keenan was able to learn more about the environmental impacts of tourism and learn about numerous methods in ecotourism. “Lately, I have experienced my love for the diving community and my heart to share my appreciation and respect for the ocean to other people.”



Briana Jackson

Major: Political Science with minors in American Studies and U.S. National Securities.

What's Next? Jackson will be attending William & Mary Law School—one of the top 30 law schools in America—in the fall.

While she did not realize she wanted to go to law school until her junior year, she knew that she

wanted to pursue a legal career through watching her father as a police officer.

“CNU has allowed me to build confidence within myself to apply for positions and schools that I thought were out of reach. I am very proud to be a Captain and accredit my success to this university.”



Yumi Shill

Major: Psychology with minors in Philosophy and Religious Studies.

What's Next? Shill will be moving to Salt Lake City, Utah in August to serve in a Fellows Initiative program through the Presbyterian Church.

This is an 11-month leadership program that will allow Shill to serve through the Church while doing ministry, a paid internship and taking seminary/theology courses. There will also be retreats and excursions on

the weekends to explore the area.

"I was a little panicked when I didn't immediately feel called to international missions because my mind had a misconception that you can only serve the Lord if you're going to a third world country, helping the less fortunate. But God revealed to me that a mission field is anywhere He places your feet. The need of the Gospel and Christ's love is just as prominent in the U.S. as it is internationally."



Sam Hotchkiss

Major: Business Marketing with a minor in Photography and Video Art.

What's Next? Hotchkiss will be going on a Christian mission trip called the World Race.

She will travel for 11 months to 11 different countries—Chile, Paraguay, Bolivia, Serbia, Romania, Bulgaria, Cambodia, Thailand, Rwanda, Uganda and Ethiopia—spreading the Gospel and helping people in impoverished countries.

After studying abroad in Italy and holding leadership positions on campus, including one of CNU's ministries, Fellowship of Christian Athletes, Hotchkiss feels prepared.

"Helping people gives me energy. My faith and Jesus mean the world to me and I love to travel so this trip is perfect for me."

To read more about Hotchkiss' trip, you can do so at samhotchkiss.theworldrace.org.



Laura Schmitt

Major: Political Science with minors in Communication Studies and Human Rights & Conflict Resolution.

What's Next? Schmitt will be attending the London School of Economics and Political Science—the third best political science school in the world—and will be pursuing her

Masters in Human Rights.

"I'd love to think that I am [prepared] but I've heard that school in the U.K. is much more challenging than here in the U.S. My family and friends have supported and encouraged me throughout this which has prepared me in the sense 'I know I can move to a new country and do this.'"



Lili Samios

Major: American Studies and Economics with minors in Leadership and Political Science.

What's Next? Samios will be attending New York University Law School to study public interest law.

Samios has taken classes in jurisprudence and case law that has affirmed her interest in this field. She has also

volunteered with the Hampton Roads Legal Aid and the Newport News Juvenile Court. Samios has participated in the pre-law fraternity here as well as been involved in the pre-law program.

"These experiences have made me realize how important it is to be doing work that will lead to a positive change."

SPORTS



CNU Athletics year in review

BY ANDRE TORAN
ANDRE.TORAN.14@CNU.EDU

This year, not unlike every, was an outstanding year for CNU sports as a whole. For years now, sports at Christopher Newport University – Men’s and Women’s – have been known for their success across the board. With that being said, this year would be a continuation of the narrative, as up to this point four CNU teams have won championships during the 2016-2017 campaign, and teams that are currently still in season hope to add to this total. As we take a look at this year in review, here are several teams that have gone above and beyond the standard.

Men’s Basketball

Although the men’s basketball team did not return to the Final Four, as they did the year prior, the 2016-2017 season would not have been for not and still can be defined as a success. The Captain’s would win the CAC regular season conference title and tournament title – for a second consecutive season -- with a nail-biting win over conference-nemesis Salisbury, 63-62. The titles would be backed by a record of 27-3 on the year, and a Sweet Sixteen berth where the Captains season would come to an end with a 68-64 loss to Keene State (22-10).

Notable Season highlights, accolades and Honors:

- Head Coach John Krikorian was named CAC and National Association of Basketball Coaches District Coach of the Year
- Senior forward Tim Daly earned CAC and National Association of Basketball Coaches District Player of the Year honors
- Two first-team All-CAC honorees, Daly and senior guard Marcus Carter
- Two second-team All-CAC honorees, senior guard Kevin Regimbal and junior guard Aaron McFarland
- Two National Association of Basketball Coaches first-team All-District team honorees, Daly and Carter
- Three different Captains would reach the career milestone of 1,000 points in the 2016-2017 season (Daly,

Carter, McFarland)

Women’s Soccer

This was arguably the best season in women’s soccer history and a record-breaking one at that. The Captains would finish record-breaking overall season record of 17-3-1 – most wins in a single season in program history -- which would help them to go on and win both the regular season and tournament conference title. These titles would mark the team’s fourth straight regular season crown and first tournament title. Following the capturing of the tournament title, the Captains would go on to defeat Rowan, 3-2, in the first-round of the NCAA Division III tournament, becoming the Captains third trip to the NCAA tournament in the past four seasons.

This victory would also mark the first time since the 2004 season that the CNU women’s soccer team would advance in the tournament.

However, the women’s historic measures would unfortunately come to end in the second-round, as they would lose 4-0 versus John Hopkins. Despite the loss, this season for the women’s soccer would end as the best season in program history.

Notable Season highlights, accolades and Honors:

- Senior forward Victoria Perry was named the 2016 Virginia Sports Information Directors (VaSID) College Division Player of the Year, second player in CNU history
- Five CNU players earned All-State recognition and led all teams in the Commonwealth with four first-team honors: Perry (first-team), senior defender Danielle Pratt (first-team), freshman defender Keiley McCarthy (first-team), junior goalkeeper Carly Maglio (first-team), and sophomore midfielder Gabby Gillis (second-team)
- Additionally, Perry earned second-team NSCAA All-American honors, first team NSCAA All-Region selection and became the program’s all-time leading goal scorer with 109 career goals
- Keiley McCarthy would earn 2016 CAC Rookie of the Year honors
- Five CAC All-Conference selec-

tions: Perry (first-team), Pratt (first-team), Maglio (first-team), Gillis (first-team), and freshman forward Carson Pokorny (second-team)

Men’s Soccer

Right alongside their female counterparts, the Christopher Newport men’s soccer team excelled to great heights as well. The 2016-2017 campaign for the Men’s team was also one of the most storied and successful seasons in program history, as the Captains were able to finish the year with an overall record of 18-3-1 and go unbeaten in regular-season conference play at 8-0-1. With this record, the Captains were able to obtain their second conference title in three years, while holding of Mary Washington, with a 1-0 victory in the CAC title game, to win the tournament title as well. Moving on to the NCAA Division III tournament, the Captains were able to advance to the second round, handling the Red Hawks of Montclair State University, 5-1. However, the Captains would be defeated in the second round of the tourney, losing a tough bout to fourth-ranked Messiah College, 2-0.

Notable Season highlights, accolades and Honors:

- Three National Soccer Coaches Association of America (NSCAA) 2016 All-Region selections: senior defender Harry Nodwell (first-team), senior midfielder Jimmy Grace (first-team), sophomore forward Stephen Durbin (second team)
- Two NSCAA 2016 All-American honorees: Grace (first-team) and Nodwell (third-team)
- Grace would also be named the CAC Player of the Year, a D3soccer.com second-team All-American and VaSID’s State Player of the Year
- Four first-team VaSID All-State selections, leading all teams in the Commonwealth: Grace, Nodwell, Durbin and junior midfielder Andrew Gogolin, marking the 18th consecutive season that CNU has had multiple VaSID All-State selections
- Lead the CAC with six All-CAC honorees: Grace (first-team), Gogolin (first-team), Durbin (first-team), Nodwell (first-team), senior forward Patrick

Burns (second-team), and sophomore defender Bobby Seifert (second-team)

Women’s Basketball

The 2016 campaign for the Captains women’s basketball team could easily be coined as the best season in program history. The women would go 29-3 on the season, holding on to a top-10 ranking throughout the year. They would secure both the regular season and tournament CAC championship, defeating Mary Washington in the conference title game in dominating fashion, 74-58. This high level of play would carry over into the NCAA tournament as the women steam-rolled the College of Staten Island, 98-56, in the first round and would go on to advance to the Sweet 16 after defeating the Hornets of Lynchburg College. During the Sweet 16, Captains would beat Hope College by five, 79-74, and punch their ticket to the Elite 8, where they faced Ohio Northern. CNU would go on to victory over the Polar Bears, in a 76-66 game full of runs and much needed defensive stops. This win would allow the Captains to advance to the Final Four the second time in school history, where their luck would eventually run out, as they ran into a stout top-ranked Amherst College team.

Notable Season highlights, accolades and Honors:

- Head coach Bill Broderick would be named D3hoops.com Region Coach of the Year, becoming the first coach in program history to be awarded this honor. Additionally, Broderick would be name co-CAC Coach of the Year as well
- During his fifth season, coach Broderick would eclipse the 100-win mark, reaching the 100-win mark faster than any coach in CNU history and improving his career record to 123-25 (.831).
- Junior forward Sam Porter would be named to the second-team All-region squad by D3hoops.com and also would receive first-team All-CAC recognition
- Junior forward Devon Byrd and junior guard Makenzie Fancher would also receive All-CAC honors as second-team all-conference selections. ■

Recognizing winter and spring sport seniors

Baseball
Keith Roberts
Josh Moore
A.J. Nicely
Collin Lawless
Jaxn Lane
Mike Thomas
Caleb Myers
Bryant Lowry
George Watkins

Cheerleading
Katie Briggs
John Griffin
Alexis Hiles
Kortnie Parks
Emilee Perkins
Jenny Rybarczyk
Madison Simmons
Vanessa Vargass

CNU Storm
Hayley Martin
Lauren Sturman
Allie Thomas

Golf
Tyler Bennett
Harry Nodwell
Charlie Peavley

Men’s Basketball
Kevin Regimbal
Rayshard Brown
Justin Hampton
Tim Daly

Men’s Lacrosse
Ryan Mills
Matt Hayden
Will Geise

Trevor Royce
Nick Kirschke
Randy Foster
John “Goose” McAndrew
Shane Palmateer

Men’s Tennis
Arttu Fiva
Michael Dodd

Men’s Track and Field
Andrew Benfer
Will Bruner
Ricardo Cabrera
Zach Campbell
Shaun Copening
Dylan Freeman
JJ LaPointe
Graham Larson
Matthew Margopoulos

Charlie Pruitt
Billy Rabil
Swaiman Singh Dhanoo
Dominique Torres

Softball
Tara Heatwole
Maiven McKnight
Rachael Shiflett
Jenna Sprinkle

Women’s Basketball
Taylor Delgado
Savannah Melvin

Women’s Lacrosse
Erin Callahan
Lindsay Weaver
Mariah Ginebra

Katie Gaskin
Meaghan Galvin
Meghan O’Reilly
Bailey Lien

Woman’s Track and Field
Heather Hale
Logan Harrington
Rayna Rossini
Emmie Schmitt
Shona Smith
Briana Stewart
Briana Sutton

The Captain’s Log wishes all the seniors best of luck after graduation!

Remembering Ella

Three students and one professor banded together to provide a collection of works inspired by the First Lady of Song.

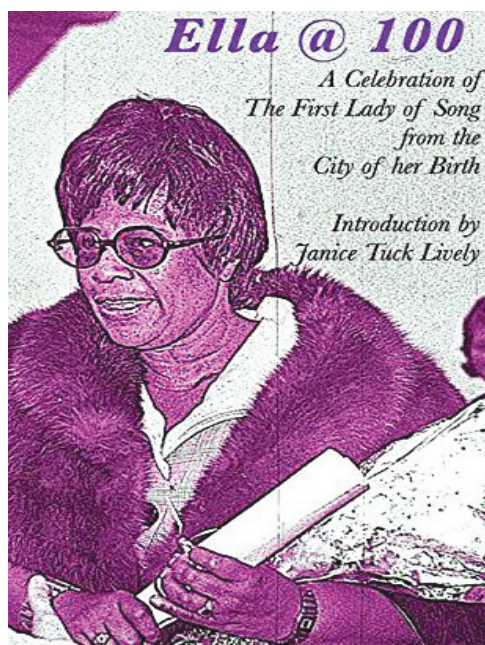
BY BRITTNEY BANKS
BRITTNEY.BANKS.14@CNU.EDU

On March 29, 2017, English professor Ivan Rodden and three students, Brittney Banks, Victoria Carrico and Kristin Summerson published an anthology titled "Ella @ 100."

The purpose of the book is to celebrate the 100th birthday of Newport News native Ella Fitzgerald, also known as the First Lady of Song. Fitzgerald was born on April 25, 1917 in Newport News, Va. and remained here for a short amount of her childhood before moving to New York.

Rodden and his students have worked together since October 2016 collecting poems, prose and short stories, inspired by and dedicated to Fitzgerald, to be included in the work.

After receiving dozens of entries from all over the United States including New York City, New Orleans and San Francisco, the group accepted 21 original pieces and worked directly



"Ella @ 100" is a collection of poems, prose, and short stories inspired by Ella Fitzgerald.
BRITTNEY BANKS/THE CAPTAIN'S LOG

with the writers to perfect them for the anthology.

After the acceptance of his poem "Dark Tea," Jed Myers stated, "I really cannot wait to page through the anthology in its entirety soon. I cannot tell you how much Ella meant to my mom and dad, and through the years to my brother and me, to this very day."

While this piece celebrates Fitzgerald's life, it also provides a great history lesson. "It's rich, it's entertaining and it's Newport News history," Summerson said when asked why students read this anthology.

The different works in this book include many different sounds, emotions and narratives that are all inspired and related to "The Legend," "The Life" and "The Legacy" of Ms. Ella Fitzgerald. Each piece individually holds an impact of meanings and feelings.

Dr. Rodden hopes to make publishing an anthology dedicated to Ella Fitzgerald an annual project. "It was very cool how excited people were about being able to honor Ella in this way."

"The authors generously allowed us to publish their works and are very excited to see the book in print," he said. Next semester, he will be seeking students who want to help with editing and publishing original works submitted by poets and writers from all over. "It was a challenge, but the kind of challenge you look forward to meeting and overcoming," Summerson said.

She also mentioned that she was glad she didn't pass up the opportunity when she heard about it. ■

"Ella @ 100" is available for purchase on Amazon.

Jazz ensembles prepares for Ella's birthday

Along with the rest of Newport News, CNU's own jazz ensemble plans to honor Ella's birthday in a grand way.

BY AARON ROYCE
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Dubbed "The First Lady of Song," Ella Fitzgerald, born in Newport News on April 25, 1917, was the most popular female jazz singer in the United States for over fifty years. She won 13 Grammy awards, sold over 40 million albums and worked with renowned musicians like Duke Ellington and Frank Sinatra.

Next Tuesday, Christopher Newport University's Jazz Ensemble will be partnering with acclaimed vocalist Nancy Harms to present the university's fourth annual Jazz4Justice Concert, which is infinitely special as it will commemorate Ella's 100th birthday.

The concert's funds will be used to raise money for the Jazz Ensemble's program and the Legal Aide Society of Eastern Virginia. This is a commemorative milestone for the Jazz Ensemble, but also for its Director, trumpet professor Dr. Kelly Rossum.

Rossum, who has been the university's director of the Jazz Ensemble since 2011, sees this as an incredibly special event for the Ensemble and the Newport News community.

"We're holding Ella Fitzgerald's birthday party, which is why it's on a Tuesday," he said. "You don't see us holding concerts regularly on a Tuesday, but it's her actual birthday so it definitely

makes the event more special."

This is no small feat for the jazz program, which has been at the university since the late 1990's and has played many musical events before. "We have a big band and jazz combos and play all over; we play at the mayor's events, we've played at Virginia Beach, we've played in Richmond and at national conventions," Rossum said. "We played at the Jazz Educators Network Conference two years ago, and our students just went to the one in January, in New Orleans. So it's pretty active."

The concert is a great musical opportunity for the ensemble and jazz program to expand its range and relevance in the community to celebrate this event. "We'll be doing what we do as a university and as a music program— it's a great opportunity," Rossum said. "And Ella Fitzgerald is a genius, just a flat-out genius. There's no other way to describe her. She is amazing in what she does. She changed the world."

The pieces practiced for this event, like most of the jazz program's events, depends upon the pieces of music used. "Some music we just started learning this past week; others we've been playing for multiple years. It just evolves," Rossum said. "Jazz music is like that; it's always evolving, it's never the concert, it's never the one thing; it's always in motion. We're always practicing and



Members of the jazz ensemble practice for the concert next Tuesday dedicated to Ella.
MACY FRIEND/THE CAPTAIN'S LOG

improvising. Whether there's people listening to us or not, we still put the same energy into the music."

The concert will consist of two halves: the first will specifically celebrate Ella Fitzgerald's music, and the second will be a concert with more varied jazz music.

Highlights will include guest vocalist Nancy Harms and a jam session for a musical event celebrating one of Newport News's greatest success stories. "We're really excited about this concert because this is a big one. We have a

guest artist coming in, Nancy Harms, who's a vocalist from New York City and is in Europe all the time," Rossum said. "We're singing 'Happy Birthday' at the end— everybody's singing 'Happy Birthday' to Ella. There's a jam session out in the lobby where musicians from all over the city can come and play with us, and keep celebrating Ella until we get kicked out. It's a really fun night, and it's going to be great."

Ella Fitzgerald's 100th birthday celebration will be in the Peebles Theater on Tuesday, April 25 at 7:00p.m. ■





With the seniors graduating in a few short weeks, professors prepare these students for the real world with some advice. PHOTO BY BEN LEISTENSNIDER/THE CAPTAINS LOG

Department chairs offer advice to graduating seniors who are about to embark on their journey in the adult world.

“Be proud of your education, make use of it extensively and responsibly, but never assume you know it all!”

The world has become too complex and interwoven for one person to fully understand any problem of significance. Therefore, be ready to work hard and make your contributions, but expect to do so while collaborating with colleagues from around the world. Only together you will succeed in solving today’s challenges. While this might sound scary at first, I’m pretty sure you will find it very satisfying in the long run. The good thing is, CNU has prepared you well for this sort of endeavor!”

— Anton Riedl, Chair of the Physics, Computer Science and Engineering Department.

“Congratulations on your accomplishments! You successfully navigated the auspices of formal education and having been

told where and when to show up since your kindergarten years. In just a few weeks, that system changes and you become the Captain of your ship.

We whom you leave behind know you will do well. No, not just well. We trust you will live a life of quality and purpose. Along that journey we hope that you will remember us fondly and visit us at Homecoming and other alumni events. Keep in touch. Share with us your stories.

Most of all, retain those qualities that got you where you are today.”

— Mary Wright, Chair of the English Department

“To every person, there comes in their lifetime that special moment when they are tapped on the shoulder and offered that chance to do a

very special thing, unique to them, and fitted to their talents. What a tragedy if that moment finds them unprepared and unqualified for the work that would be their finest hour.” - Winston Churchill

Are you prepared to make a difference? Enjoy the achievement of graduating from college; you have earned it. But please, do not let your time at Christopher Newport University be your life’s finest hour. You are destined for a much more significant purpose.

Stay intellectually curious so that your defining moment does not pass you by or find you unprepared.

Good luck and best wishes!”

— James M. Kimbrough IV, Chair of the Military Science Department

“Do or do not, there is no try.”

— Yoda/Christi Harris, Chair of the Fine Art and Art History Department

“It takes time to develop expertise

and social capital in an organization. Try to stay in one place long enough to truly benefit from the experience. Besides, employers are not going to hire people who bounce around from job to job. They want steady folks who are going to stay around for a while.”

— Dr. Ben Redekop, Chair of the Leadership and American Studies Department

“Sometimes life may feel like it has no syllabus, no structured study guides, and no upcoming cumulative exam. Instead it can feel like a series of sporadic pop quizzes on topics you have never studied. And just when you are about to panic that you aren’t prepared you will realize that no one else is either and it’s going to be okay because life tends to give you points for just showing up and trying your best.”

— Professor Gayle Dow, Chair of the Psychology Department ■

Class Council president reflects

As one of the most involved seniors, Huston reflects and gives advice to underclassman.

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

With the last week of classes almost complete, the end of the school year brings about a mix of emotions. However, for seniors like Nora Huston who have been heavily involved on campus during their time at CNU, these last few weeks leading up to graduation are especially bittersweet.

As the senior class council president, Huston has had the unique opportunity of leading the student body and gaining life skills along the way. She oversees all of the other class councils and takes the lead in planning large scale events for the school year.

"The hardest part of class council is getting people to do things without an instant

reward and getting people to see the big picture and see the worth in putting in those extra hours to get an event to be over the top and memorable,"

Huston said. "That's a huge change I think of becoming an adult is that you still have to work hard even when other people aren't watching."

In addition to her duties as class council president, she is involved in the American Marketing Association, the Greek leadership honor society of Order of Omega, the non-Greek leadership honor society of Omicron Delta Kappa, and the Panhellenic sorority Phi Mu.

"I love my sorority to death," Huston said. "They've been my biggest support system here."

Huston also works three nights a week from midnight to 7 a.m. as a Front Desk Assistant. It is during this time that she completes her homework and manages the many different facets of her extracurricular activities.

As a double major in business marketing and communication, Huston is no stranger to working hard, but definitely enjoys some aspects of her school work more than others.

"I actually kind of hate comm," she said, laughing.

Her communication major was unintentional, as it was originally just a backup until Huston was accepted to the Luther School of Business.

However, she realized upon her acceptance that she had taken so many communication classes that it would be a

waste not to finish.

The creative side of business marketing is Huston's passion.

"It had more finance and accounting than I ever anticipated, which was rough," Huston said. "Not my forte, but it was worth it in the end because the creative side is just so rewarding to me and it definitely got me the job that I wanted."

This past August, Huston was offered a job at the Boat Owners Association of the United States as their marketing coordinator. She will go to boat shows, work on their social media

accounts and get their members pumped up and ready for boating season.

Huston credits much of her success to CNU and the lessons she has been taught as a student here.

"Involvements aren't just another

resume filler for me, it's more of what you learn from them," Huston said. "You learn something new from every single experience that you have and you can really apply those to benefit you in the long term."

Huston will be able to take her experiences into life after college, and although she will not be planning another Captain's Ball, she can apply her event planning and budgeting skills in the workplace.

Since starting CNU as a little freshman, Huston has made a name for herself on campus and has gained a voice in the process.

She has become a little stronger in saying no and is more likely to speak her mind.

"I'm not really a rebel at all, but if someone is doing something that I don't agree with, I will speak up more now than I used to," said Huston. "I always thought that people had more of an authority over me even if they were my peers, so getting that confidence in myself to speak up whether in class, Class Council, or day-to-day meetings, that has really benefitted me personally."



PHOTO BY KEVIN SEBESTYEN/THE CAPTAINS LOG

ally."

Huston has fully taken advantage of the opportunities that CNU offered her, and wishes to give some advice to the underclassmen who have more time left.

"I definitely tried a wide array of clubs and organizations that I'm not a part of today. It's not that I didn't like them, it's just that I tried it and I found other things that I liked more. Don't be scared of joining organizations that might

intimidate you or might be out of your comfort zone because you never know where you're going to end up or where you're going to be at the end of your four years," said Huston.

"Try anything. Try everything. Even if you think it's crazy, or that people will judge you, or that you'll be a little extra stressed, it's totally worth it in the end to find those people and those places that really make you happy." ■



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