



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Alpha Phi's Reclaim Title of Stroll Champion



Fifth annual Stroll to the Polls raises \$9,000 for Beautiful Kids and the March of Dimes.

BY MATTHEW SCHERGER
MATTHEW.SCHERGER.16@CNU.EDU

The Alpha Phi's successfully complete their "revenge tour," reclaiming their title of Stroll Champion for the fourth time in five years.

In addition to out-strolling their competition on the stage, they also raised more money for the fundraising portion of the competition than any of the other teams, raising \$1,068.88 in total.

The Alpha Phi's have built a reputation of strong showings at Stroll to the Polls after past performances, and this year they did not disappoint.

They brought enthusiasm and energy to the stage, and their precise synchronization and clean strolling brought them praise from the judges and wild applause from the audience.

STROLL CHAMPIONS CONTINUED
ON PAGE 3

The sisters of Alpha Phi threw up the ivy and performed to several songs which included artists such as Selena Gomez, Missy Elliot and Nicki Minaj.

MACY FRIEND/THE CAPTAIN'S LOG

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Three new faculty members have joined TheatreCNU. Read about them and what they are planning.

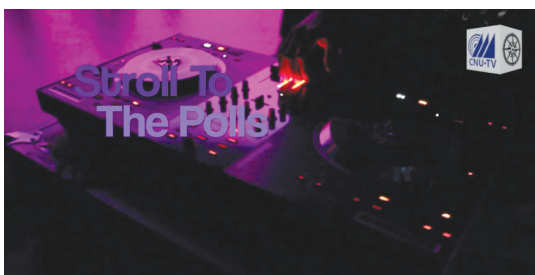
Snapshot 14

Zeta Tau Alpha hosted their annual Big Man on Campus to raise awareness for breast cancer.



Weekly pic

RHA hosted the annual residence hall trick-or-treat which is attended by the children of professors and members of the Newport News community. **Photo courtesy of Melina Hoyos**



CNU TV

Stroll to the Polls was hosted this Saturday by Alpha Phi Alpha Fraternity, INC. CNU TV was there to catch all the action.

Happened

Oct. 30

Homecoming Court Reveal

In the DSU at 12 p.m. the 2017 Homecoming Court was revealed. Voting for this year's candidates opens on Wednesday and goes until Friday. Vote by logging on to The Compass.

Oct. 26

The last Farmer's Market of the season

From 3 to 6 p.m. CNU's Green team held their final Farmer's Market of the fall semester. This weekly farmer's market was home to several vendors from the Peninsula region and will be returning in the spring semester.

Happening

Nov. 3

CAB Presents... First Fridays: Vinyl Headlights

In Gaines Theater starting at 8 p.m. CAB will be hosting the band Vinyl Headlights. There will be a free raffle for a record player during the event.

Nov. 2

12 Explorers "Age of Sail" with Captain Jon Rodgaard

In MCM 101 at 7 p.m. Captain Rodgaard will be giving a lecture on the Global Anglo-French War of 1793 through the Georgian Era.

Corrections from Issue #6

In Snapshot: Dr. Kathleen Callahan was mistakenly referred to as Dr. Katherine Callahan. Dr. Callahan is also a lecturer at CNU, not a professor. Brussels was referred to as a town in Germany rather than Belgium.

The Captain's Log regrets these errors.

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

THE EDITOR welcomes letters from readers. Editors reserve the right to edit letters for length and AP style, as well as to refuse publication. An email with a ".doc" attachment is preferable. Reach us through:

- **Email:** clog@cnu.edu

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

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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From the Front Page



The sisters of Phi Mu took home second place in Stroll to the Polls. The brothers of Alpha Phi Alpha Fraternity, Inc. hosted the event and participated by performing their own stroll arrangement. Each year they hold this event as a fundraiser as well as a way to promote voting in the upcoming elections. **PHOTOS BY HANNAH LINDENBLAD/THE CAPTAIN'S LOG**

CONTINUED FROM PAGE 1

This year marked the fifth annual Stroll to the Polls hosted by the Upsilon Beta Chapter of the Alpha Phi Alpha Fraternity, Inc.

In addition to raising voter awareness and promoting the A Voteless People is a Hopeless People program, all proceeds from the event are going towards two philanthropies: March of Dimes and the Beautiful Kids Organization.

The March of Dimes helps prematurely born children and their parents, and the Beautiful Kids supports children living with alopecia, which is a condition where

one's immune system mistakenly attacks hair follicles, causing hair loss and greater risk of other immune diseases.

This was also the most successful Stroll to the Polls to date, selling 955 tickets during pre-sale and another 245 at the door.

Nassir Criss, a senior Alpha Phi Alpha member and the organizer of Stroll to the Polls 2017, estimates that they raised \$9,000 between individual team fundraising and ticket sales.

"That's the most money we've raised for them at one time ever. So that was pretty incredible, and the fact that we get to give half of it to the Beautiful Kids and half of it to March of Dimes is awe-

some because now we can give both of them a substantial amount," says Criss.

He credits past years of Stroll as the motivation and reason for this year's success.

"Looking at all the things we did wrong in the past, then looking at ways that we can try to improve in the future has been one of the most incredible parts," says Criss.

"We've had the recipe, we just baked it up a little differently this year."

In addition to strolling, the brothers of Alpha Phi Alpha Fraternity, Inc. emphasizes the importance of voting, especially in "off years," where elections are strictly for state and local govern-

ments.

Although they don't draw the same coverage or voter turnout that the national elections enjoy, local elections are equally, if not more important. Marcia Price, a Congressional Delegate that represents the 95th District (Hampton, Newport News and surrounding cities) in the Virginia House of Delegates and the opening speaker feature at Stroll, stresses the importance of voting every year, regardless of political involvement.

Price is also a sister of Alpha Kappa Alpha Sorority, Inc.

"It is so important that we vote. And whether you were happy or devastated by the results of the Nov. 16, 2016 election, it is our duty, pleasure, privilege and passion to continue to vote," says Price.

Tiffany Boyle, a candidate for Commissioner of the Revenue for Newport News and the keynote speaker at Stroll, says that local elections are more important than national elections because local officials have a bigger impact on the daily lives of their constituents.

"Everyone should pay attention to local politics," she says.

One of these local officials up for election this year is the Governor of Virginia.

Although the governor doesn't get the same press coverage as the president, his role in making decisions for Virginia residents is larger than the president.

The current governor of Virginia, Terry McAuliffe, has a lot of duties and powers in the state government, many of which people are

unaware.

He enjoys many of the same powers of the president himself, just at a state level.

For example, he proposes and eventually signs the Virginia State Budget, has the power to veto and sign state laws and even can meet foreign dignitaries.

And the governor is just one of several positions up for election this election period.

In addition to voting, Boyle emphasized the importance of getting involved in the community politically.

"We have the power, we are the leaders, and not the future leaders, but the leaders now.

"You have the education, you grew up with the technology, so you have the ideas.

"What we want to hear is your ideas on how we can make our place better, our community better.

"So that way five years from now, ten years from now, we're seeing the change that we fought for," she says.

Price agrees with Boyle. "It just starts with the vote. I'm also here to beg of you to be involved in your communities."

These sentiments were met with enthusiasm from the students in attendance. They vowed to vote and become more politically engaged within their communities.

Price left CNU students with a call to action: "So get out there, get active, and get involved. A lot of people call us the 'Next Generation'? We're the 'Generation of Now' y'all. We are leading now. And we have to be the ones to step up and be the change we want to see." ■



Gamma Phi Beta took home third place in this year's Stroll to the Polls. **MACY FRIEND/THE CAPTAIN'S LOG**

The Candidates and Their Stances

The highly anticipated Virginia Governor's race will decide whether Richmond is home to Gillespie (R) or Northam (D).

BY DUNCAN HOAG
DUNCAN.HOAG.15@CNU.EDU

With the highly publicized and nationally captivating Virginia governor's race between Ralph Northam (D) and Ed Gillespie (R) drawing to a close on Nov. 7, it's important for voters to know where the candidates stand on the major issues facing the state, including the economy, education and health care.

Northam's approach to the economy centers around creating a "school-to-work" pipeline that attempts to increase opportunities for young people who are newly graduated from high school and college.

This includes a greater commitment to college alternatives such as apprenticeships and job training, especially in the latter two years of a student's high school career.

Science, technology, engineering, arts and math (STEAM) are also listed on Northam's website as an essen-

tial building block for Virginia's growth, especially given northern Virginia's presence in the technology corridor. The term STEAM differs from the typical acronym, STEM, which excludes art.

Overall, Northam's approach to expanding the state economy is based primarily around modifying the education system to better prepare future workers for industries that are hiring.

The Northam campaign website also mentioned the need for a lower tuition cost, although it lacked details on how Northam would achieve this goal if elected.

A centerpiece of Gillespie's campaign is his promise to cut taxes by 10 percent across the board, which he says will result in a 1,300 dollar increase in take-home income for Virginians.

Moreover, this claim is connected to Gillespie's efforts on the economy, which he claims will produce about 50,000 new private-sector jobs as a result of



Gillespie and Northam let out laughs despite their disagreement on campaign tactics. PHOTO COURTESY OF THE WASHINGTON POST

the aforementioned tax cut.

On job creation, Gillespie's main focus revolves around decreasing barriers to entry for small businesses, as well as making it easier for existing businesses to expand their services and production. This, he says, will be the primary

source of job growth under his governorship.

On healthcare, both candidates advocate for increased access to healthcare, but disagree on how to do so.

This disagreement largely reflects the usual party-line disputes: Northam is in favor

of spending more state funds on health care, especially for veterans, while Gillespie is more focused on making Virginia a business-friendly state for healthcare providers.

Their other disagreements on healthcare center around the legality of abortion, with Northam favoring some access and Gillespie advocating for a full ban except in cases of rape, incest and when the mother's life is at risk.

The largest difference between the candidates is undoubtedly the tone of their respective campaigns.

Since the governor's mansion in Virginia has housed only Democrats since 2002, Northam's website and campaign are generally free of any outright criticism of the state's current or past government.

Gillespie, as a Republican, is critical of the state's current direction, and his campaign has a sense of urgency regarding the direction the Commonwealth. ■

Peninsula Rescue Mission Serves Food and the World

Junior Duncan Hoag interviews Rev. Alan DeFriesse of the PRM in the second half of a two part series on Food Fighters.

BY DUNCAN HOAG
DUNCAN.HOAG.15@CNU.EDU

Rev. Alan DeFriesse, Executive Superintendent of the Peninsula Rescue Mission (PRM), stated that his mission gives thousands of meals to needy individuals, as well as providing assistance to families who qualify while working with Food Fighters at CNU.

The PRM is a local shelter founded in 1966. Although it had been established by the Union Mission in Norfolk, the PRM became an independent institution in 1972. Since then, the PRM has grown to encompass three separate buildings.

"In 2016 PRM served over 27,000 meals and provided over 16,000 nights of lodging to over 1600 different individuals. Some of these men are participating in our long term program so we feed them three meals per day for the six months they are with us. In addition we give away groceries to folks from the community who call in and qualify for that assistance. This is not a huge number, probably no more than 50 families in the course of a year," said DeFriesse.

The assistance provided by the PRM also includes the delivery of Thanksgiving dinners to families who would otherwise go without one.

"Finally, PRM gives away 175 Thanksgiving boxes each year. The box contains everything a family would need to prepare Thanksgiving dinner (includes frozen turkey, sugar, flour, stuffing, butter and associated canned items."

DeFriesse expressed that there is a strong connection between his role as a reverend and his work at the mission, and that the PRM works both as a shelter and a ministry.

"PRM is, at its core, a ministry. We work hard to meet, with a high level of excellence and care, the physical needs of those who come our way. Our goal is to meet the physical needs while preserving and restoring the dignity due to each person. We pray that they will see our care for them, and be interested as we later share with them the message of a God Who loves them and Who wants a relationship with them. We hope they see Christ in us as we minister to them."

DeFriesse discussed the challenges that are inherent with running a shelter, such as the reality that a shelter and a ministry are essentially made up of people, and people are not perfect.

"Ministry is people, and people can be difficult. Sadly, many of those we serve do not make any changes. They come to PRM, do well while they are here, leave and quickly return to their old lifestyles. That's always heartbreaking to watch."

Finances can also be a major hurdle, says DeFriesse. Although PRM is financially stable, there are limits to what it can accomplish.

"Finances are also a challenge. We are privately funded which means that 100 percent of our income is from donations. Cash donations, donations of usable food, cleaning supplies, or hygiene items and donations to our thrift store (which we own and operate so that 100 percent of all income from those sales stays within this ministry), make up our income. It's always amazing to watch God meet our needs. We are debt free, and pay our

bills on-time, but there are always things we would like to do, but cannot, due to limited finances."

DeFriesse indicated that he hopes to one day expand the PRM to include a shelter for women and families.

"We continue to get calls from folks looking for women and family shelters. We are seeing this as a great need. So,

one of our goals for the future is to open a new location that would allow us to house and minister to women, children and families. It's a massive undertaking, but God has been faithful for over 50 years, and we believe He is leading in this direction."

"We will move slowly, thoughtfully, prayerfully and wisely towards this goal." ■



Christopher Newport University's food donations serve an instrumental role at the PRM. PHOTO COURTESY OF SAMANTHA CAMILLETTI

Phasing Out Hazing

The Greek life community at CNU is making an effort to end the hazing of new members by exploring several different approaches.

BY KATIE HALL
KATIE.HALL.17@CNU.EDU

From an outsider's perspective, Greek Life can seem daunting. Visions of reckless behavior, ritualistic traditions and harmful hazing practices run rampant through the stories one will hear on social media, blogs and the news.

To exacerbate the stigma, multiple incidents of hazing resulting in injury and even death have been prevalent in Virginia news.

With concern for the campus environment, it is pertinent to learn more about how the Christopher Newport community is combating hazing and negative Greek life stereotypes.

Hazing is defined by CNU as "any mental or physical requirement, request, or obligation placed upon any person which could cause discomfort, pain, fright, disgrace, injury, or which is personally degrading, or which violates any related federal, state, local statute or University policy, the willingness of an individual to participate in such activity notwithstanding."

Not only is hazing condemned by CNU, but it is also illegal under Virginia Law.

If hazing is illegal on paper, why is it still occurring at Universities across the Commonwealth?

According to CNU's Director of Student Activities, Travis Smith, hazing is rooted in multiple issues.

The main contributor, according to Smith, is some students' need to find the next "right of passage." At 18 they can vote and at 21 they can drink; what's the next step in that three year gap?



A picture circulated by Pi Kappa Alpha's national headquarters to stress the importance of being leaders against hazing on college campuses across the country. PHOTO COURTESY OF PI KAPPA ALPHA'S NATIONAL HEADQUARTERS.

For some, the next step is joining Greek life and finding their place in their new world away from home. Many idealize the view of "earning your place" in an organization.

Some view hazing as a way to distinguish themselves and prove their loyalty and worth.

According to the President of Pi Lambda Phi, Benjamin Herzberg, there are two issues underlying hazing. "One is a chapter explicitly treating its new members differently than how it treats initiated brothers. The other is by a chapter making its new members feel a need to prove their worth to be in the fraternity by the chapter putting the new members at physical or mental stress."

CNU's Pi Lambda Phi chapter combats these issues by encouraging new members to participate in school activities,

attend events held by other organizations and get to know their fellow brothers.

To combat the second issue, Herzberg states, "although Pi Lambda Phi has a new member education program to educate its new members, we do not require new members to 'prove' their worth by pushing their limits."

In Lambda Chi Alpha, a fraternity founded this year, there are no pledges, only associative members.

Sigma Phi Epsilon also banned the pledge process. Instead, they have what's called single-tiered membership.

Once a brother is initiated, they are given the full rights of every brother.

In response to this measure, Smith states the action is a "good step in the right direction" and "may help a little bit."

According to him, those who are hazing to begin with are already breaking policy, so they wouldn't care about the policy changing.

Smith engages another point: the "us" versus "them" mentality.

Instead of viewing the National Councils as a resource to work with, some members can view them as regulating. This creates a "culture of us against the world" that can deter chapters from clinging to their core values.

In Phi Mu, a sorority on campus, members adhere to the core value of sisterhood.

"We build our sisters up, and when we see something in them that they might not see themselves, we give them opportunities to let those skills shine through. We make people feel good about themselves."

This practice prevents the need to prove oneself.

According to administration, including Smith and the Coordinator of Greek Life, Chelsea Hummel, hazing hasn't emerged as a major issue on CNU's campus. Even so, the administration is taking proactive preventative measures.

Smith urged the importance of anyone experiencing hazing in any form, physical or mental, to tell someone. Whether it's a CNU administrator, the greek organization's council or national board, or even a teacher, the school can't help if they don't know.

Overall, the whole greek community wants to ensure a wholesome and beneficial experience. To do so, the organizations are constantly working on community building and student inclusion. ■



Sisters of Phi Mu (left) and Alpha Phi (right) at CNU sport the Greek motto "these hands don't haze" for National Hazing Prevention Week. PHOTO COURTESY OF NATALIE HAIRFIELD AND JEANNE MARTIN RESPECTIVELY

LETTER FROM THE EDITOR

MELANIE OCCHIUZZO

MELANIE.OCCHIUZZO.13@CNU.EDU
EDITOR-IN-CHIEF

The importance of journalism in today's world is becoming more and more apparent as the rise of "fake news" continues.

We often hear phrases such as "print media is a dying industry" or "you can't trust a journalist" when the topic of journalism comes up in conversation.

Something that never comes up, though, is the dedication and passion that goes with the territory.

Growing up my mother was getting her associate's degree in early childhood education while beginning to teach at our church's preschool.

Those days I realized the true meaning of passion for your work.

My mother didn't just find childhood development interesting, she didn't just enjoy working with children, she had a burning passion to guide them through the most important part of their early developmental lives.

That passion stayed with me all through elementary, middle and high school as I began deciding what I wanted to do.

Senior year of college has me back at the same state of mind, finding my passion.

College journalism is very similar to professional journalism with the added stress of administration keeping a close eye on the publication.

Going in, many of us young writers feel as though we owe a debt to the university that admitted us.

This type of thinking is quickly eclipsed by the realization that if we are going to be good journalists postgrad then we need to get over that kind of mentality.

But it isn't easy. College students are in that odd position where we are adults but we aren't.

We have our legal rights as individuals, we can control our daily decisions without too much parental input and that's a scary thing.

One minute you're raising your

hand to go to the bathroom and the next you're living on your own with unlimited decisions laying at your feet.

The students who make it past that initial stage then are faced with a

decision, to pursue journalism on a more professional level or leave it at college level style writing.

Your passion determines that. Being a journalist means that you pursue the truth above all else, especially today given all the sloppy journalism floating around the internet.

It is so easy to hear something, type it up and publish it on the web.

There are hundreds of news sites, opinion blogs and personal websites that will publish whatever serves

their views the best.

But what does passion have to do with the state of journalism today? It's simple, the more you care about it the better you are apt to perform at that job.

The time you dedicate and the effort that you put in has everything to do with the results that you get. Having that passion ensures that your motivation will stay high.

The reason I chose not to pursue what my mother does was not because I don't like children or teaching but rather that I was mentally exhausted after one week of assisting in the classroom.

I found myself dragging my feet up the steps each morning and while I did have fun once I got there, my state of mind was not as present as it should have been.

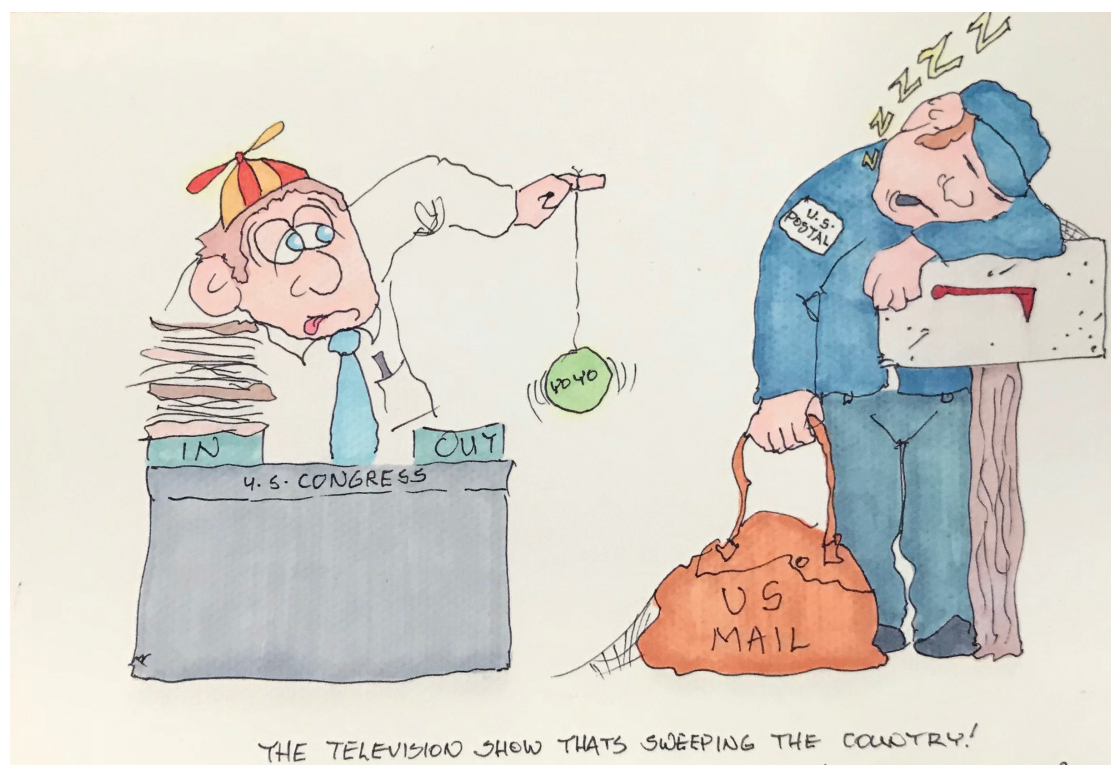
My passion for writing and pursuing the truth has only grown over the time I've served as an intern, section editor and now Editor-in-Chief.

I find myself eager for each new issue, I'm always looking for the next story to cover.

Being tired doesn't stop me from pursuing my passion and pursuing the truth, no matter how difficult it may be. ■

"My passion for writing and pursuing the truth has only grown over the time I've served as an intern, section editor and now Editor-in-Chief."

Comic Central



This comic was submitted by Dr. David Francis Alexick, Professor Emeritus—CNU retired. The cut off portion of the comic reads "American Idle". The artist who drew this piece, while unnamed was described by Alexick as enjoying the play on words comics can afford.

Interested in submitting a comic for the paper? Looking for a way to show off your work and build up your portfolio? The Captain's Log is taking comic submissions for all future issues.

Guidelines for the comics are as follows: must be in jpeg format, no profanity and while the content does not have to directly reflect the CNU campus, it is a plus.

How to Handle FOMO During HOCO

Tips to balance your study habits with the excitement of Homecoming Week.

STUDENT ASSEMBLY ACADEMIC
AFFAIRS COMMITTEE
KALI.MILAZZO.16@CNU.EDU

Kendall O'Brien (Senior)

"I put all the Homecoming events in my Google Calendar and I block off free time as study time so I can make time for classwork but also make time to support my friends during the events at night!"

Vanessa Lin (Freshman)

"I rank the things I want to do most, and choose the ones that mean the most to me."

Jonathan Sicher (Freshman)

"Sometimes you have to do the unpleasant things in life and that's just how it is, so you have to deal with that, and work. You'll have other opportunities to hang out with people. If you miss out on that one opportunity, it doesn't mean you're never going to get to hang out with somebody. It just means sometimes you have to do the menial things in life."

Tips from your Student Assembly Delegates:

1. Decide which events are most important and which are not (prioritize). It always happens that a test or a paper gets scheduled during Homecoming Week. When this happens, decide which Homecoming events you want to go to the least and focus on studying during that time.

2. Plan, plan, plan!
Google Calendars are wonderful. Utilize them, put all your classes, events and meetings in the calendar and block off time specifically to study. That way, you're more motivated to study during your blocked off time.

3. Dedicate some time away from social media and Netflix.
I know how much college students love to procrastinate. Personally, I always make sure my phone is in another room while I'm studying so I don't get distracted. Spend less time on Snapchat, Instagram, Facebook and Netflix, (I know, sad) and focus on your studies.

4. Don't procrastinate, but have fun!
These tips are here to help you have free time during Homecoming festivities. If you have work to do, I don't recommend skipping your work to go to events. However, Homecoming only comes once a year, we only get four altogether to welcome back our Alumni, make the most of it! Go support your friends in events, your favorite Homecoming candidates and mingle with some Alumni. ■

**STUDENT
ASSEMBLY**

CHRISTOPHER NEWPORT UNIVERSITY

LOGO COURTESY OF STUDENT ASSEMBLY

Buzzin' Becky

Becky takes on relationship problems, with friendship at the heart of it all.



PHOTO COURTESY OF CLIPART LIBRARY

With each week, I get more and more anxious for the semester to be over and to have an extended break to relax and get ready for another one. But thinking back on it, the only reason I can get through these hard semesters is knowing I have a good support system there for me.

While at CNU, I have been able to figure out which friendships work and which ones don't. And those decisions haven't been easy, but they've been important in order for me to succeed. It's not easy to decide a friendship isn't working for you and to take the necessary steps in order to do what's best for yourself. But if you've done it, you're one step closer to making your life easier—trust me. Genuinely good friend-

ships are rare, but when you have them they're so worth it.

My friends think I'm a racist homophobe because I support Donald Trump. What do I do?

Get new friends? All of the following is assuming you are not a racist homophobe, in the event you do some self-reflection and discover that you are....maybe you need to do a little more self-reflection.

It's a little ridiculous that we're almost out of 2017 and people are still making others feel bad for their choice in a political candidate. One of the beauties of living in this country is the right to support who you please. Not everyone is going to see eye-to-eye and that is okay. When you're in college, you need to learn to accept the fact people will have differing opinions. You can't expect everyone to be the same, as that would be quite boring in the long run. But what's most important to learn about politics as a college student is how to respect others with different opinions and how to disagree respectfully. You don't want someone to be nasty to you for your opinions, so give other people the same type of respect.

As far as your friends go though, you shouldn't need to do so. Maybe you should explain to them that you voted for Trump for reasons x, y and z. Tell them the things that were important to you in the past election. Maybe you also need to explain to them that there are people who do support Trump but, like with any group, there are political extremists and you do not identify with their views or beliefs in that sense.

Winston Churchill once said that the biggest argument against democracy was a five-minute conversation with the average voter. I challenge you to prove him, and your friends, wrong. As much as your friends may not want to admit it, our President has been selected. They don't have to agree with his or your opinions but they should at least respect the right to have one.

My roommate and her on-again off-again boyfriend just broke up (again). She's really hurt again and I don't know what to do. I'm afraid they'll get back together again. How do I go about this?

Sadly, sometimes we all have that one person we can't seem to quit. Your roommate isn't the first person to deal with this situation, and she definitely won't be the last. This one is tricky, because it could either go really well or blow up in your face. One thing you'll want to avoid is bad mouthing the ex-boyfriend. While you may have strong feelings, especially considering their past, the only thing that will come out of that is her resenting you. God forbid they get back together tomorrow, she'll remember the words you said and will start to act differently towards you.

If you're truly to the point where you just don't care (welcome to my life), be straight up with her about it. Tell her how she deserves better and that you're worried about her falling back into that mess. Hopefully one day she'll be able to see what you're talking about, as hindsight is 20/20. But for now you have to make the decision on what route is best for you and your friendship.

— Becky out

**Submissions have been edited for clarity and length.*



Makeda Wright

@makeda_wright

Follow

A candle can always light another without losing its flame. I'm just someone who loves to laugh and make others laugh.



10:00 AM - Nov 1, 2017



Shawn Toch

@shawn_toch

Follow

I'm a Psych major/Spanish minor and the V.P. of Operations for Student Diversity & Equality Council. Also the proud owner of many dad shirts



10:00 AM - Nov 1, 2017



Sarah Fitch

@sarah_fitch

Follow

Sarah Fitch is a senior majoring in communication studies, and is the current chapter president of Phi Mu



10:00 AM - Nov 1, 2017



Lewis Folli

@lewis_folli

Follow

Hi I'm Lewis and I'm running for HC King through the Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc.
Fun Fact: I speak 3 languages!



10:00 AM - Nov 1, 2017



Mary Hanula

@mary_hanula

Follow

Kindness can change the world, you just have to give it wherever you can. I value living in the moment & making the world a better place.



10:00 AM - Nov 1, 2017

Meet &

Meet the 2017 Homecoming Co-



Robert Smith
@robert_smith

Follow

Exceptionally average at most things. I have several rec league MVP's and was 12th on Virginia's "Best to Take Home to Parents" list in 2016



10:00 AM - Nov 1, 2017



Devin Clawson
@devin_clawson

Follow

I'm a Finance and Economics major representing Psi Upsilon. Passionate about music, you can catch me singing to myself anywhere on campus!



10:00 AM - Nov 1, 2017

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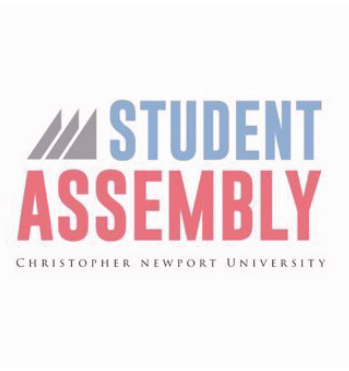
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Antonia is the President of BSU & NPHC, a Bonner Service Scholar, & Devastating Diva of ΔΣΘ. She is the definition of Black Girl Magic!



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@kenneth_kidd

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Kenneth Kidd is the President of Student Assembly, a Political Science and an American Studies Major, was a Crew Leader, and bleeds CNU blue.



10:00 AM - Nov 1, 2017

Coach Birch Prepares Volleyball For Postseason

As Women's Volleyball enjoys winning record for the 2017 season, they rest up for postseason play.

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

The Christopher Newport University Women's Volleyball team has been extremely successful this season as they currently have a 25-3 overall record.

The team has had many successes, including a conference championship last season, which can partly be accredited to their head coach Lindsay Birch.

Coach Birch has been coaching here for 16 years and prior to that she was a student athlete herself at CNU for four years.

"The choice was easy, the opportunity to coach at your alma mater is a special one. I love CNU and to be a part of such a great university is a blessing," Birch says

She thoroughly enjoyed her time as a student athlete at CNU and says that her "connection to the people and mission of CNU goes well beyond the volleyball court. CNU is family to me and I can't imagine a more fulfilling or wonderful job than the one I have now."

Luckily for her team, she knows what it is like to be a student athlete, specifically at CNU.

She claims that her favorite part about being a college volleyball coach is helping the student athletes reach their potential on and off the court.

"This season, our senior class has worked really hard and made great sacrifices to be in the position they are currently in, leading our program to

another awesome season," Birch says

She continues to discuss how senior co-captain Tylar McGill has been the base for CNU Volleyball. "Her leadership and positive spirit has made everyone else around her better," Birch says. She also mentions how senior Katelyn Newsome has developed into a person and player of great confidence and resilience. It is helping athletes, such as these, that keeps Coach Birch coming back season after season.

The team has been very successful this season. "This team is a joy to coach. We have a lot of talent, but more importantly our team works very hard and enjoys playing together," Birch says. As the season is coming to an end Birch mentioned to prepare for postseason they have been trying to get lots of rest so they are fresh and ready for a long postseason run.

One piece of advice that Birch wants all of her student athletes to know is that, "the opportunity to be a student-athlete is a special one. Use your time wisely on things that matter. Having fun will happen when you work hard and see that effort pay off. Don't waste time now on things that 20 years later will mean nothing to you. Establishing friendships and developing yourself as a person are things you will never regret."

The volleyball team will be back in action, fighting for their chance at another championship on Nov. 2 at Christopher Newport University for the CAC semifinals at 7:00 p.m. ■



McGill and Newsome jump for joy after a successful set. PHOTOS COURTESY OF CNU OCPR

Football Falls To NJAC Opponents



Senior quarterback Harrison Dandrige sheds a tackle to score against the Pioneers.

RACHEL BENNETT/THE CAPTAIN'S LOG

Heading into homecoming weekend, football drops to an overall record of 5-3 from a loss against Kean University.

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

The Captains traveled to New Jersey Sat. Oct. 28 to play New Jersey Athletic Conference (NJAC) opponents, Kean University. Losing 27-7 this past weekend set them back in the NJAC, 4-3 and overall with a 5-3 record.

Christopher Newport University started the game strong with their opening kickoff. Senior Harrison Dandrige took a lateral from Jack Anderson on the game's first offensive snap and connected with Legend Hayes on a 57-yard completion to the Kean 18-yard line. The Captains kept their momentum going as Anderson found freshman wide receiver Cole Blais on a completion to the 7-yard line.

Quickly putting a stop to CNU's rush down the field, Kean's David Jimerson came down with an interception passed

by Anderson to Khiry Weaver in the endzone. Using this interception as momentum, Kean University ended up scoring three touchdowns in the first quarter, grabbing a 17-0 advantage. Noticing the Captains needed a comeback before halftime, quarterback K.J. Kearney found an open wide receiver Nick Hunter.

Hunter rolled to his right and found Hayes for the score. Hayes led the day with seven catches and 121 yards. The teams left the field at halftime with a score of 17-7.

After holding the Cougars to a scoreless third quarter, they ended up getting a 35-yard field goal. This was the third time the Cougars have beaten Christopher Newport University in their fourth meeting.

The Captains will return home for their homecoming game on Nov. 4 against TCNJ. ■

Captains Place Top Three At Lee Hall Mansion



Above: The men's squad lines up for a picture with the new hardware acquired from the CAC 'ship. Below: Mariam Kolbai runs ahead of a pack. PHOTOS COURTESY OF CNU OCPR

Christopher Newport's Reid makes CAC history this past weekend winning three straight title leagues.

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

The men's and women's cross country team this past Saturday hosted a meet at Lee Hall Mansion. Christopher Newport's 11th ranked men's team took its third straight Capital Athletic Conference (CAC) win and the women's placed fourth overall.

As the men's competition progressed, the Captains were victorious with the top-three finishers and they placed nine runners in the top-20 overall. The team finished the entire meet with 27 points, which was much higher than the field. York College placed second with 58 points, while Salisbury, Mary Washington, and Southern Virginia came out in the top-five.

For the women's side, the Christopher Newport Captains posted a final score of 98 points, which put the team in fourth place in the team standings. York College won the title with 51 points overall, while Salisbury and Mary Washington followed close behind. Southern Virginia rounded off the top-five teams.

Aside from the collaborative scores, Grayson Reid made history in the individual category. The senior, who has been very successful throughout his career at CNU, became the second runner in CAC history to win three straight league titles. He took the individual crown after finishing the 8k in 24:46.3. As the most decorated runner in

CAC history, he was named the Rookie of the Year as a freshman in 2014 before winning all of his conference titles as a sophomore.

In the women's 6k, Monica Lannen led the Captains after finishing fifth overall with a time of 23:22.1. This made history with the 18th-fastest clocking ever in the program. Kathryn Wilson and Abby Snyder also took away top-25 efforts for CNU. Wilson placed 14th in 24:10.1, while Snyder was 21st in 24:51.6.

With the conference meet out of the way, Christopher Newport will head up to Williamsburg for the Tribe Open on Nov. 3 before returning home for the South/Southeast Regional Championships, which will be held on Nov.11 at Lee Hall Mansion. ■

Top three placed runners in men's category:

1. Grayson Reid
2. JJ LaPointe
3. Jeff Dover



Turning A New Page

Three new faculty members reflect on their place in TheatreCNU ahead of the new production.

BY KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

A bold and refreshing script can capture even the most diverse of audiences. The success of an institution such as TheatreCNU is likewise dependent on the newness of their "material." This semester, TheatreCNU welcomes a slew of new productions in addition to three new faculty members.

Teaching and working scene design within the department, Dr. David Shuhly elected to work at the Undergraduate level here at Christopher Newport University, after previously teaching Graduate Students at Regent University.

Working in musical theatre and voice, Professor Colin Ruffer brings his knowledge gained from his time at Pennsylvania State University, the Boston Conservatory of Music and Winthrop University.

The final addition to the staff, Professor Matthew Ishee, found his way to Newport News this year after completing a master's degree at the University of Virginia.

For both Ishee and Shuhly, CNU was not an unfamiliar entity. More than

just a name printed on a job application, both professors had previous knowledge of Christopher Newport University.

After visiting the University a few years ago, Shuhly remembered the University on a much smaller scale.

"I was surprised how big it got," Shuhly says. "It is really just much larger than I remember it being."

Ishee expressed similar sentiments, recalling the campus several years ago in comparison to the developments and additions characterized by today's campus.

"I have nothing but respect for how they've pulled this university along," Ishee says.

With more than two months of the

semester already over, the initial shock has passed. Especially as the newest production has taken off.

Although each new faculty member specializes in one specific element of theatre, they currently all work towards the staging the second of three productions during the semester, Photograph 51.

That being said, the faculty do more than just prepare for the production. They are also busy in the classroom, where they teach classes in the Fine Arts.

According to Ishee, his job is a hybrid that intertwines two angles of theatre.

"On one hand we are teaching our disciplines, but we're also creating," Ishee says. "We have to live in these two different mindsets and we come out the other

side with two different perspectives."

Their work in and out of the classroom combines the production experience with an academic setting. For Ishee, his efforts center on reinforcing aspects of both, so that the 'results-oriented' show work feeds into student's experiences in the 'growth-oriented' classroom.

Experience in both places, however, are rewarding for both teacher and student.

"I really love coming up with the initial idea of scene design and working with the director to do that," Shuhly says. In the classroom, rewards are of similar caliber.

"I love when somebody who has been saying, 'I can't, I can't I can't' has the moment of saying, 'oh, I get it, it's not really that hard,'" Shuhly says.

In context of their next performance, Ishee views success in a multifaceted manner. In addition to a smooth performance and a "visually and auditorily satisfying" design, Ishee emphasizes the importance of student development.

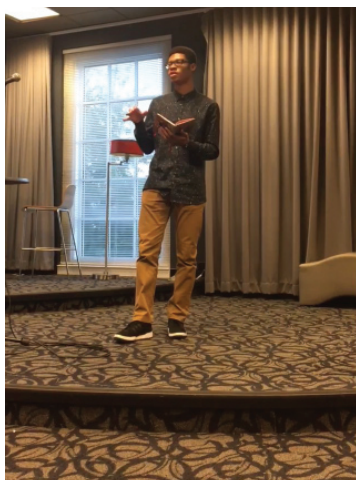
"I want to make sure this process had some real opportunities for student growth, student engagement and hopefully student leadership," Ishee says. ■

"I love when somebody who has been saying, 'I can't, I can't I can't' has the moment of saying, 'oh, I get it, it's not really that hard,'"

Dr. David Shuhly

A Mundane Night

Sigma Tau Delta and WCNU hosted faculty and students as they took part in a poetry slam in the Crow's Nest this past Friday, Oct. 27.



Sophomore Brandon Cumbo shares his work with the audience.

PHOTO COURTESY OF LIZZIE LEWIS

BY MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

Transported into a world of knights and farms and muddy shoes screaming about how happy they are, The Crow's Nest became a host for a plethora of artists last Friday night during Sigma Tau Delta and WCNU's poetry slam.

Entering the room there was little to announce the extraordinary places the artist's words would take the audience.

A collection of chairs, a small stage, and a microphone that many chose to go without, were the only markers for the event. And according to Dr. Nicole Emmelhainz, an Assistant Professor of English here at Christopher Newport University who attended and participated in the event, there did not need to more.

"Poems allow us to view the mundane

as extraordinary," she stated as an introduction to her own piece.

In her case, she was speaking of the very nature of poetry, and not the event itself.

She was speaking of poetry's specific ability to take, in her case, an egg, and imbue it with a level of significance and importance that audience members will remember during their very next breakfast. They will look a little deeper into the world around them and will be reminded of how extraordinary it is to be human, to exist in the world. That being said, these very same thoughts can be applied to the event itself, as well.

The very nature of a poetry slam is mundane. Listening to artists to read from their own personal notebooks, phones, and tablets, the activity itself is not the most extraordinary thing some-

one could attend on a Friday night. But in that, it further proves the power of the art form. For even though it was just a collection of people reading directly from their notes, the artists were able to make that activity extraordinary.

Crafting an environment of support, inspiration, and meaning, the artists transformed The Crow's Nest into an extraordinary place.

With pieces shared about police brutality, depression, sexuality and more, the faculty and students who participated broke down barriers and uncovered the significance in even the littlest of things.

Dr. Jason Carney, Lecturer of English at CNU and faculty sponsor of Sigma Tau Delta, summed up the night perfectly, "It makes my soul feel good." And it does. Poetry, although mundane, makes your soul feel very good. ■

Ask the Dog

‘Blade Runner’ offers a long-standing and compelling philosophical argument regarding the true nature of humanity.

BY IAN BURKE

IAN.BURKE.17@CNU.EDU

Very few works of science fiction have risen the level of philosophical significance as Ridley Scott’s eponymous cult classic. And with the sequel, “Blade Runner 2049,” hitting theatres just a few weeks ago, it was a perfect time to revisit the ideas found in the franchise.

Taking place in the distant future of a 2019 Los Angeles, the city is devoid of wildlife, and soon-to-be devoid of humans. With an array of off-world paradise destinations available to those who pay, the destitution of the familiar city of Los Angeles is made all the more apparent. This environment provides the perfect backdrop for the narrative question at the heart of the film—what does it mean to be human?

This question is only further examined within the plot of the film. Not only is this future devoid of wildlife, it is also becoming devoid of humans. In this world, there exists a dichotomy between humans and perfect biologically-engineered beings, known as replicants, that work to serve as the slave labor to build the off-world paradises for the humans.

The four replicants within the film are all desperately seeking for a way to prolong their short lives, a facet of their biology as a means, in vain, to repress any development of emotion. Rick Deckard, the replicant hunter or “blade runner,” is charged with hunting down these

four rogue replicants and “retiring” them.

Throughout the movie, the ethical question of this “retirement” comes into play. In the film, the replicants are described as machines with no empathy by the human characters, undeserving of personhood; whereas, we see that the human characters are the ones that are truly devoid of any real emotion or empathy. Replicants, on the other hand, are shown to cherish photographs of and mourn their friends. They react emotionally. The main replicant, Roy Batty, laments his lost memories in death, “like tears in rain.” Roy Batty and the other replicants come back to Earth for longer lifespans—this fear of mortality goes with their fears and hopes in such a way, that it gives the replicants more claim to personhood than most humans in the movie. This question of replicant’s humanity is only further complicated within Rick Deckard, given that several visual and dialogue based clues point to Deckard actually being a replicant. That being said, the question of Deckard’s humanity is not a question that should be answered anyway. When you answer the question, that is when personhood is defined. The fact that personhood is not defined in such a way is what makes the discussion interesting, and makes this film so compelling.

A line from the sequel only further highlights this point. Ryan Gosling’s character K sees that Deckard has a dog, and asks whether or not it is real. Deckard simply replies, “Ask him.” ■

Marshalling in the Future

‘Marshall’ provides a much needed and compelling look into the past.

BY CALEB SMITH

CALEB.SMITH.15@CNU.EDU

Released amidst the current political and social climate that finds race at the center stage once more, “Marshall’s” reflection on the past is most needed.

Following the story of NAACP (The National Association for the Advancement of Colored People) civil rights lawyer and future first African-American Supreme Court Justice, Thurgood Marshall, this film paints a clear picture of race relations and the criminal justice system in America in the 1940s. Based on true events, “Marshall” revolves around a specific criminal case involving a falsely accused African-American man blamed for raping a white woman.

Audience members experience Thurgood Marshall’s rise to prominence and his many personal and professional struggles in an intimate way through Chadwick Boseman’s (“42”) captivating portrayal.

Likewise, Josh Gad’s (“Beauty and the Beast”) depiction of Sam Friedman, insurance salesman turned civil rights lawyer and coworker of Marshall, showcases the gravity of sacrifices made by these lawyers.

Their working relationship on screen, through trials and triumphs, makes “Marshall” a film worth viewing and learning from.

This is only built upon through its direct confrontation of ethical and racial issues, and the tone used by the director Reginald Hudlin

(“House Party”). Even as the subject matter becomes emotionally demanding, and frustrating morally, Hudlin is able to craft comedic moments that give audience members hope.

That aside, “Marshall” fails to produce a constantly engaging film. With highly emotional and divisive courtroom scenes played alongside of scenes consumed by the social climate and racial tensions of the 1940s, the slowing down of the plot throughout many other scenes in the film, is disappointing.

Leaving the audience’s attention to wander at times, the plot stops progressing altogether. While this is a common critique of many courtroom dramas, “Marshall” does not build upon the genre as a whole, struggling with audience engagement throughout the film.

That being said, while “Marshall” struggles lopsidedly with audience engagement, the overall film is one to watch. Overall, “Marshall” portrays a true and much needed story that passionately involves audience members and delivers spectacular performances from the actors. “Marshall” is currently playing in select theaters and is rated PG-13 for mature thematic content, sexuality, violence and some strong language. ■

‘Marshall’ is currently showing in theatres nearby

Homecoming Playlist

These songs will be heard all throughout campus during homecoming festivities this week.

BY MACY FRIEND

KELSEY SCHNOEBELEN

MACY.FRIEND.14@CNU.EDU

KELSEY.SCHNOEBELEN.14@CNU.EDU

From artists like Cardi B. to AC/DC, these popular artists have all topped the charts in their respective genres. Regardless of the decade of their creation, though, these songs are sure to be heard all over campus during homecoming this week. And for good reason. From pop to rap to country, this eclectic mix of songs is sure to please anyone who listens to it. Highlights within the playlist are “Bodak Yellow” and “New Rules.” All the songs are available to stream on all streaming services. ■

1. **Bodak Yellow** // Cardi B.
2. **Feel it Still** // Portugal. The Man.
3. **I Got You** // Bebe Rexha.
4. **Mi Gente** // J. Balvin (feat. Beyonce)
5. **Thunderstruck** // AC/DC.
6. **Body Like a Back Road** // Sam Hunt.
7. **Thunder** // Imagine Dragons.
8. **New Rules** // Dua Lipa.
9. **Millionaire** //Cash Cash.
10. **Sorry Not Sorry** // Demi Lovato.

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ZTA's Big Man on Campus

Zeta Tau Alpha's annual BMOC brings students from various organizations together to raise money for breast cancer awareness.

BY HANNAH LINDENBLAD
HANNAH.LINDENBLAD.16@CNU.EDU

Zeta Tau Alpha (ZTA) hosted their annual men's beauty pageant "Big Man on Campus" on Oct. 25.

This event helped raise awareness and money for breast cancer research.

Big Man on Campus had four different sections that let the audience learn more about the contestants and breast cancer awareness.

First there was an interview portion where the hosts asked each contestant how breast cancer has affected them and who the most important women in their lives are.

After that set of questions there was a pick up line portion where contestant Sean Anderson representing Sigma Phi Epsilon said "Is your dad a preacher? Because you're a blessing."

Riley Wynkoop, representing Phi Lambda Phi, made a lasting impression on attendees by saying "I'm not interested in women, but I'm interested in you."

During the talent portion, Edward Benton representing Alpha Delta Pi performed original spoken poetry about a relative who had breast cancer.

Phi Mu's representative Matt Honecker performed a juggling act.

The last portion of the event was a fashion runway show. Some contestants went with a superhero theme while others wore pink in support of breast cancer awareness.

At the end of the event awards were given to the contestants who were voted Fan Favorite, Best Dressed and Big Man on Campus.

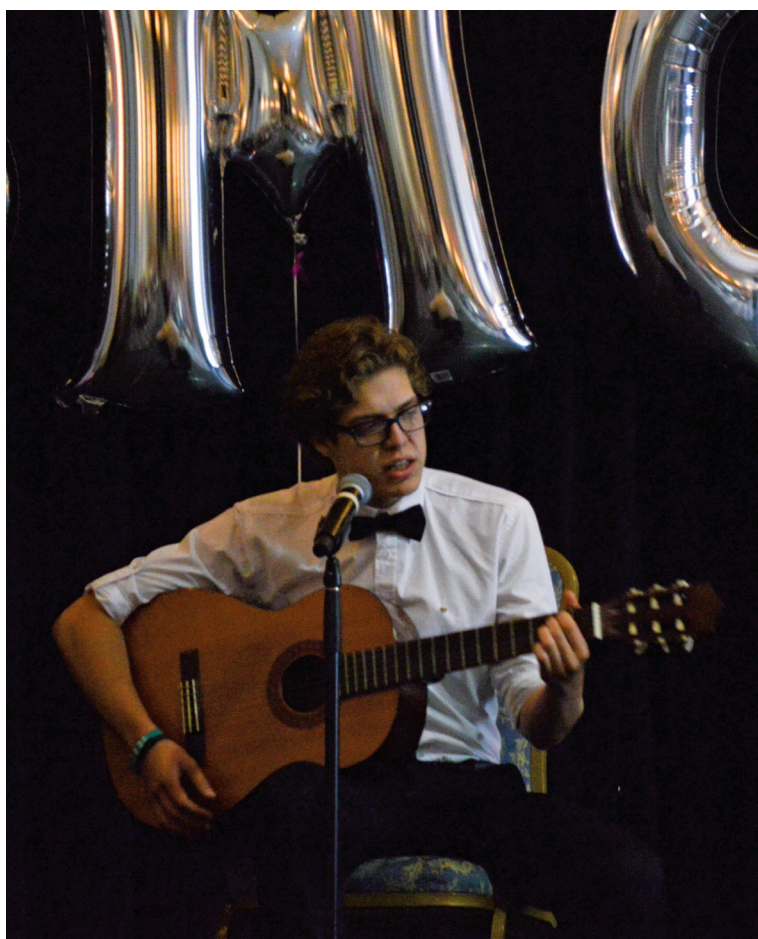
Nassir Criss representing Delta Gamma won Fan Favorite due to his charming pick-up line encouraging women that they can get through difficult times.

Benton won Best Dressed for his unique take on formal attire.

Wynkoop won Big Man on Campus for his overall performance and talent where he showcased his dancing moves. ■



Riley Wynkoop struts down the runway in his pink superhero-themed outfit. Wynkoop dazzled the audience with his lip syncing and dance during the talent portion and won Big Man on Campus for Pi Lambda Phi. PHOTOS BY HANNAH LINDENBLAD AND HANNAH MCCLURE / THE CAPTAIN'S LOG



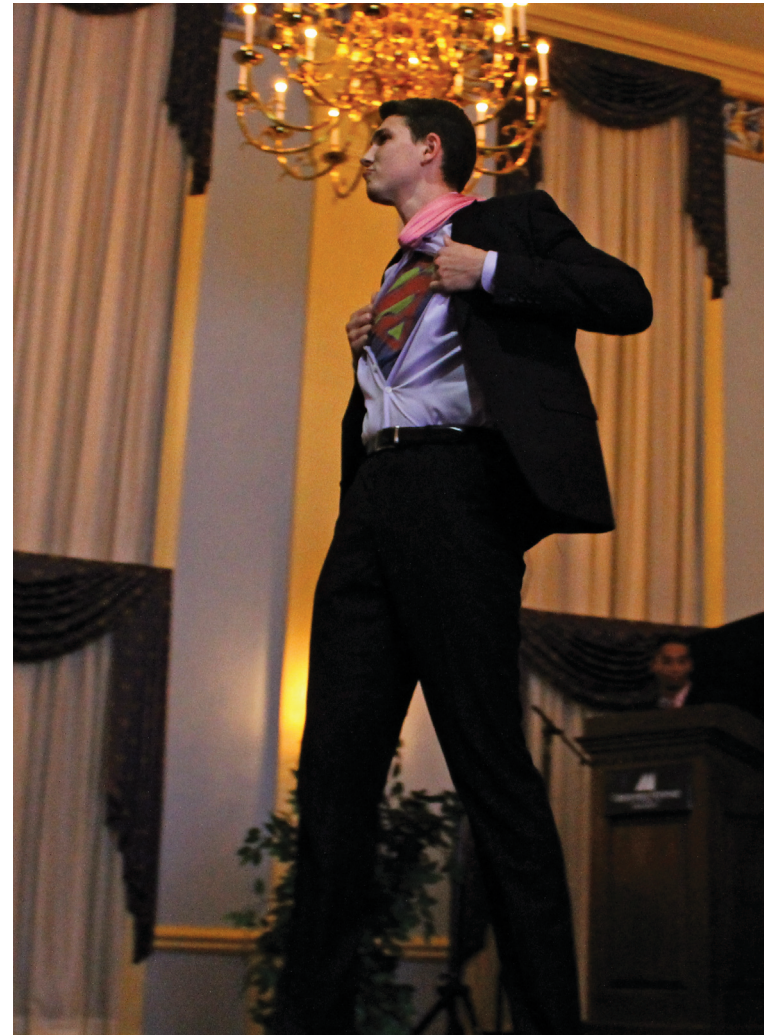
(Left) Christian Torres represented Lambda Chi Alpha and in the talent section sang an original song. (Above) Edward Benton represented Alpha Delta Pi in the event and won Best Dressed. After being told that 1 in 8 women get breast cancer, he said he wanted 1 in 8 women working in the S.T.E.M. field.



Nassir Criss was voted Fan Favorite by the audience for his pick up line by encouraging women they can get through hard times. He said “It’s raining cats and dogs but the storm won’t be as rough [together]” and then he brought a puppy on stage. He represented the women of Delta Gamma.



(Above) In his interview Logan Jones, representing Alpha Phi, shared how breast cancer has affected his life since his grandmother had it, but is luckily in remission now. (Right) Brandon Bell represented Alpha Sigma Alpha and wore a superman shirt under his suit for the runway portion of Big Man on Campus.



JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Melanie Occhiuzzo at clog@cnu.edu

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