



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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CAPTAINS CRAZE OVER WACKY WEATHER



COURTESY OF @WXMANRICKY ON INSTAGRAM

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Week 6: Kindness and Wellness Week

JOSH GRIMES
JOSHUA.GRIMES.19@CNU.EDU

As this is week six of the Spring Semester, with about a week left before Spring Break, it is kindness and wellness week. Here are some ways to continue the discussion.

Kindness is seen every day but this week's challenge is to recongize the simple day-to-day acts of kindness. Something we can do to encourage discussion is to share on Social Media how "I can show kindness by..." and "kindness matters because...". Another challenge is to participate in the idea bank/challenge board.

Wellness is simply defined by *Oxford Dictionary* as a state of being in good health. This point in the semester, stress tend to become more common as midterms come up and we begin to think about the upcoming academic year. This week's challenge is to attend the resource fair to get the resources needed to help during this portion of the semester just in case something happens.



VIRGINIA *kindness* WEEK
2/13/22 - 2/19/22

Kindness Week is to recognize that simple day-to-day acts of kindness enable our schools, communities, and state to be a kinder, safer, healthier and more inclusive place to live, work, learn and play.

Practicing and celebrating kindness is to look for the good, bridge connections across differences, restore hope, and empower people to make our communities strong and resilient.

The Commonwealth of Virginia can lead by example to promote positivity and support a culture where schools, localities, businesses, organizations, and individual citizens can come together to acknowledge, connect, and promote kindness in our community.

TH 2/17	• 11:30am-1:30pm: Week of Wellness Resource Fair DSU Breezeway, DSU Alrium, York Streeel
F 2/18	• 11:30am-1:30pm: Informational Table DSU Breezeway

COURTESY OF SAVE



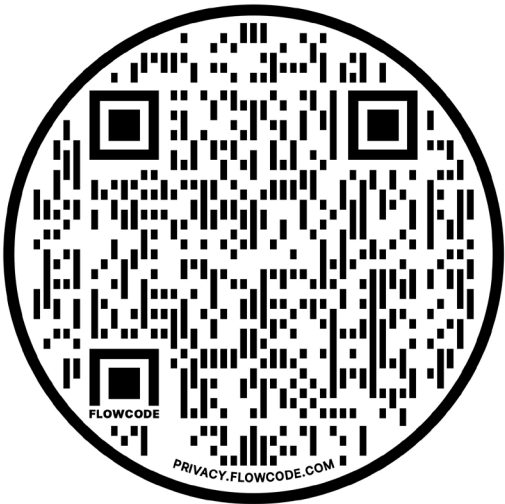
What's Happening Soon on Campus

February 19
CNU Music Theory
Symposium, coordinated
by Dr. Chelsey Hamn

February 19
CNU Tonight
Performance
Blackbox Theatre

February 23
Spring String Showcase
12noon
Pope's Chapel

February 23
University Orchestra
Concert
8pm; Diamonstein



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SENIORS
JOIN US FOR...
Commencement
101
FEBRUARY 22 & 23
12:15PM & 6:00PM
LOCATION: DAVID STUDENT UNION BALLROOM
REGISTER HERE!
...or at tinyurl.com/CNU2021

SPRING 2022 Events Calendar

FEBRUARY

2/4+2/5 Movie: 10 Things I Hate About You
2/10 Cultural Coffee Hour
2/11 Build-A-Buddy
2/18 Glow Crazy
2/19 Mentalist: Zak Mirz

MARCH

3/11 Crafty Cacti
3/12 Captain's Ball
3/18+3/19 Movie: Encanto
3/22 Dorm Dining
3/23 Poet: Ebony Stewart
3/25 Fruit Ninja
3/26 CNU Music Festival

APRIL

4/1 Intercultural Festival
4/8 Magician: Kid Ace & Movie: Spider-Man: No Way Home
4/15 SpringFest & Band: Dawson Hollow

CAMPUS ACTIVITIES BOARD
@CNUCAB

COURTESY OF CAB (CAMPUS ACTIVITIES BOARD)

Student Engagement FIRESIDE lounge

JOIN US FOR A COZY EVENING BY THE FIRE!

FREEMAN CENTER COURTYARD
(OUTDOORS, BETWEEN THE CONCESSIONS STAND AND HEALTH CLINIC)
EVERY TUESDAY | 5-8PM

TAKE A BREAK AND REACH FOR THE STARS

COURTESY OF THE OSA

To: Gwenth Pattarini



I love you a latte!

♥ Happy Valentine's Day ♥

From: Connor Butterworth

PIPPIN

Book by ROGER O. HIRSON
Music & Lyrics by STEPHEN SCHWARTZ

Originally produced on the Broadway stage by Shubert Organization
Originally directed on the Broadway stage by Bob Fosse
2013 Broadway revival directed by Diane Paulus
Thee Ending Originally Conceived in 1997 by Mick Sebastian

FEB. 18-20 & 23-25, 2022

FOR TICKETS, VISIT THEATER.CNU.EDU

2021-2022 SEASON SPONSOR

RIVERSIDE Performing Arts Molecular

COURTESY OF CNU MUSIC

New Mental Health Resource for Students

Dr. Michelle Lange introduces Wellness at CNU

EVELYN DAVIDSON

EVELYN.DAVIDSON.20@CNU.EDU

Clinical psychologist and CNU professor, Dr. Michelle Lange, recently launched Wellness at CNU, a new website that combines different mental health resources around CNU into one accessible website so that students can more easily find the resources that they need.

According to Lange, “The intent with this wellness resource is to help students, their families, and the faculty and staff who work with them to find the words to effectively articulate what issues are adversely impacting their wellness, and to identify available resources to help with that particular issue.”

She noted that what makes Wellness at CNU such a unique tool for students is that, “This resource is intended to be different than information that can be found on the official CNU program and department websites in that it is attempting to help students articulate and connect their problems to available resources, rather than just listing what the services are and contact info.”

On the home page of Wellness at CNU, there is an assortment of different buttons for students to choose from that address specific concerns. Options include “concern about discrimination,” “test anxiety,” “loneliness,” “concern with or about a roommate,” and “issues within or with a sports team,” to name just a few. Clicking on one of the options leads the viewer to a page with relevant advice, information, and additional resources.

The website also includes a “Resources” page that has a variety of different helpful tools. These include a time management matrix, coping strategies, a list of off-campus counseling providers, and a feeling wheel.

“College students’ mental health is suffering, and for me as well as anyone who cares about college students, it’s hard to see that and you want to do what you can to help. Students and their families need guidance and support in how to help ensure wellness so that they can best benefit from the experiences college has to offer,” Lange said when describing what inspired her to create this new resource.

Lange also showed how the division between academic matters and student affairs can make it confusing and challenging for students to find the wellness resources that they need.

She explained that “... the different divisions don’t have many opportunities to communicate with each other, which

results in knowledge gaps-- the left-hand doesn’t always know what resources the right hand has available. In my career, I have worked both in student affairs and on the faculty side of the house, and so I am in a somewhat unique spot to see where the gaps in communication lie and why, and so that gave me a good idea of how to bridge those gaps.”

In creating Wellness at CNU, Lange took into consideration four main issues that lead to what she referred to as, “the discrepancy between need for support and actually making use of services.”

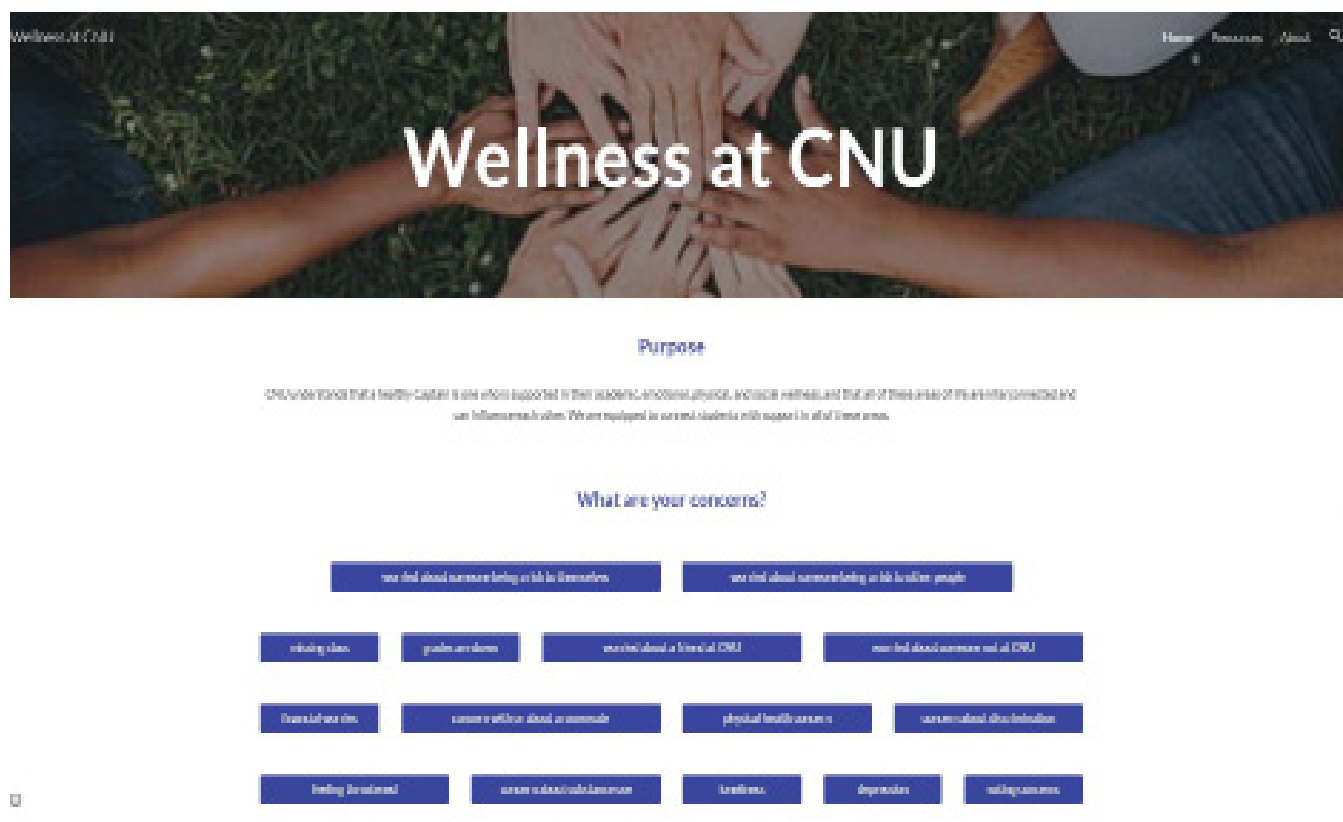
Lange highlighted one major issue: “Given that an inherent component of many mental illnesses is a sense of feeling overwhelmed, having to locate resources, schedule, and attend appointments often adds to the stress one is experiencing, and thus may serve as a deterrent to pursuing help”

The other issues include the stigmatization of mental health that discourages people from seeking help

and the difficulties due to limited knowledge regarding what resources are available and which ones will be most effective. Lange also pointed out that University counseling has limitations in its “capacity to serve,” thus it is important to be aware of alternative resources.

When asked what she hopes CNU students will take away from Wellness at CNU, Lange answered, “I hope it will help students find the words to help them connect with the multiple sources of support we have available on and around campus to help them.”

She continued, “I also really hope the transparent explanations of processes and support services will help with equitable access to those services. If you don’t know the right questions to ask, the answers you need could be so close but you don’t see them because you aren’t looking in the right place.”



Screenshot of Wellness at CNU website



Scan this QR code to access Wellness at CNU!

Tidewater Community Writing Center Open

Two CNU professors establish a writing center

EVELYN DAVIDSON

EVELYN.DAVIDSON.20@CNU.EDU

Two CNU professors, Dr. Nicole Emmelhainz, the director of CNU's Alice F. Randall Writing Center, and Dr. Brooke Covington, Academic Director for the Center for Community Engagement, created the Tidewater Community Writing Center (TCWC). TCWC offers writing consultations both one-on-one and in groups for a variety of different writing purposes, such as academic and creative writing.

The idea for a community writing center started with Emmelhainz who explained how her experiences at the International Writing Center Association's Summer Institute in 2018 became the inspiration for her efforts in establishing TCWC. Emmelhainz brought this idea to Covington and it became a joint project between Alice F. Randall Writing Center and the Center for Community Engagement. Emmelhainz and Covington also work closely with two CNU students, junior Amanda Ballou and senior Zenith Zenith Nguon, who are a part of the Ferguson Fellowship Program.

One of the most challenging aspects of establishing the writing center was the renovation process.

According to Emmelhainz, "When we first secured the location -- a classroom in the former school building at St. Andrews Episcopal Church in Hilton -- it was packed with old furniture and trash. Luckily, with the help of several CNU students, we were able to clear the space pretty quickly. But then we wanted to remove built-in cabinets and desks and then paint, all of which took several days and some heavy lifting. Thankfully, we had family to help us with that, and now the space feels so much more open and inviting!"

Nguon shared her feelings about the whole process, "It has been really eye opening being a part of a program from the ground up and building connections within the community."

After all the adjustments were made to the space, TCWC had its grand opening on Dec. 5 2021.

Now, with the writing center in full operation, a person may wonder, what is a writing center?

Ballou provides an explanation, "A community writing center is an organization built to help people of all ages and writing-levels improve as writers. It is a place of collaboration that relies on the principles of growth and communication. They focus specifically on their respective community, tailoring their programs and training to fit the audience."

Dr. Brooke Covington shared how TCWC provides writing support: "Our staff of trained volunteers offer 30-minute writing consultations where consultants and writers will engage in a collaborative, conversation-based feedback process. We believe that by talking through ideas, writers can gain confidence and strength in their writing. The Tidewater Community Writing Center provides the space where those conversations might materialize and—importantly—continue."

When asked what she hopes the CNU community will gain, Covington said, "From the creation of the Tidewater Community Writing

Center, I hope we can build stronger bridges between the university and the community in ways that foster mutual trust and meaningful relationships. Moreover, the Tidewater Community Writing Center offers students, faculty, and staff an opportunity to work alongside community members on writing projects, either as co-collaborators or as writing consultants."



TCWC logo, courtesy of tidewatercommunitywritingcenter.org

General Assembly Honors CNU President

Trible recognized for his public service to the community

JOSH GRIMES

JOSHUA.GRIMES.19@CNU.EDU

As President Tribble began to conclude his time as the head of CNU, many in the community and beyond started to congratulate him on his achievements. This past Thursday was no exception as the VA General Assembly shared a joint resolution recognizing President Tribble for his almost 50 years of public service.

The joint resolution is as follows:

WHEREAS, for almost 50 years the Honorable Paul S. Tribble Jr., has served the citizens of Virginia with integrity and excellence as an Assistant United States Attorney for the Eastern District of Virginia, Commonwealth's Attorney of Essex County, United States Congressman, United States Senator, and President of Christopher Newport University; and

WHEREAS, on January 1, 1996, Paul Tribble became the fifth president of Christopher Newport University, and his vision and leadership have led to the growth of one of America's preeminent public liberal arts universities; and

WHEREAS, Paul Tribble envisioned the creation of a great university for America that cared about minds and hearts and that would inspire students to choose to live lives of meaning, consequence, and purpose — a life of significance — as it is now called at Christopher Newport University; and

WHEREAS, during Paul Tribble's tenure, applications to Christopher Newport University have increased by 700 percent; the average GPA of entering students have soared from 2.6 to 3.8; the number of full time students has increased to 5,000; and the institution's four-year graduation rate is now one of the highest among all public colleges and universities in the United States; and

WHEREAS, with the strong support of the General Assembly, Christopher Newport University offers a beautiful campus, great teaching, a rich and rigorous academic curriculum in the liberal arts and sciences, and a marvelous sense of community where people speak, smile, support, and encourage each other; and

WHEREAS, Paul Tribble has emphasized the values of leadership, honor, and service in the life of Christopher Newport University through the President's Leadership Program, the Center for Community Engagement, and the Watson Center for Civic Leadership and through superb academic programs in Leadership and American Studies; and

WHEREAS, Paul Tribble has profoundly contributed to the economic and cultural life of the Virginia Peninsula, Hampton Roads, and the Commonwealth through the creation of the Ferguson Center of the Performing Arts, the Mary M. Torggler Fine Arts Center, and the Christopher Newport University Center

for Community Engagement, which enables students to perform over 10,000 hours of community service each year; now therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend the Honorable Paul S. Tribble, Jr. for his outstanding service to all citizens of the Commonwealth, to the more than 25,000 graduates of Christopher Newport University during his long and distinguished tenure, and to the Virginians who will attend the institution in the future; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to the Honorable Paul S. Tribble Jr., as an expression of the General Assembly's admiration for his achievements on behalf of the Commonwealth and the Christopher Newport University community.

Parton Supports That 9 to 5 Life

Dollywood and other associated parks pays college tuition of all employees

SAVANNAH DUNN

SAVANNAH.DUNN.21@CNU.EDU

Country music sensation, Dolly Parton, is definitely familiar with giving donations and helping out those in need. She used the profits from Whitney Houston's cover of "I Will Always Love You" to invest in a historically Black neighborhood in Nashville and donated \$1 million to the Moderna coronavirus vaccine.

Parton has recently announced that she will also be paying the full tuition of Dollywood employees and the employees of any of her other theme parks who seek further education. This tuition coverage includes additional fees and books for all full time, part time, and seasonal employees. Parton and Herschend Enterprises are working together with their new program called "GROW U" to pay the tuition of any of the 11,000 employees who choose to 'grow' their education. The following are different programs that are covered: business administration and leadership, finance, marketing, technology and culinary studies. For additional programs, "Grow U" will provide partial funding of \$5,250 a year.

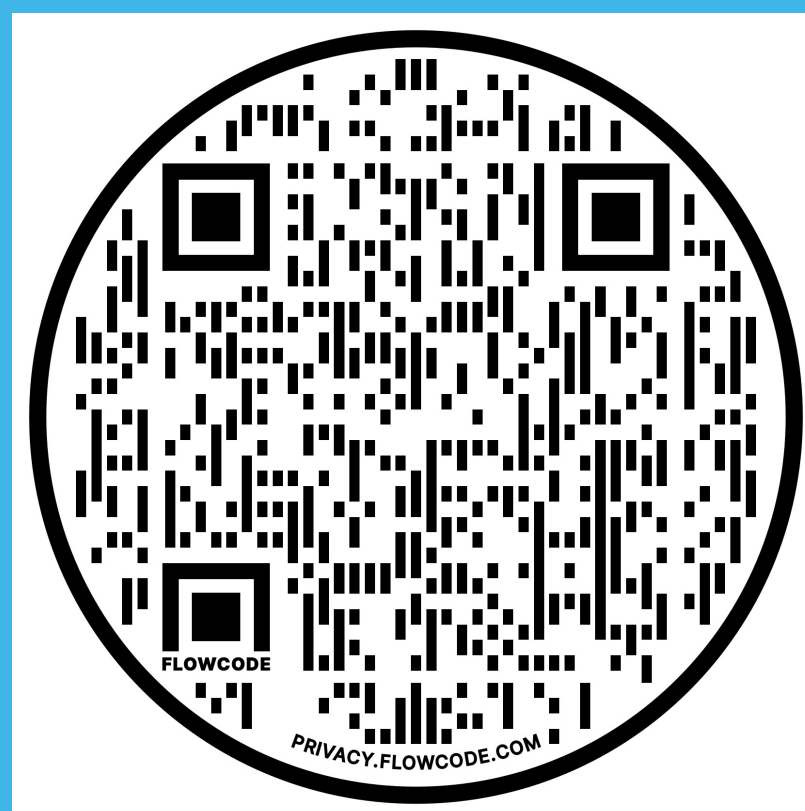


Photo Courtesy of billboard

Other corporate companies including Chipotle, Best Buy, and Home Depot only cover up to \$5,000 per employee and Dolly Parton says that she is very supportive of the employees learning and continuing to grow themselves. The "GROW U" program will start on February 24th and a rise in demand for jobs in Parton's parks is expected.

People say that Parton has done more for individuals than anyone in the government has ever done and very quickly become one of the most beloved people and artists in the United States.

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Captain's Log?**
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or
**Scan the QR Code to get
access to our Link Tree and
join through there!**



94th Oscars Academy Awards



Photo collage of nominees
Courtesy of tvguide



Photo Courtesy of ghmoviefreak



Photo of the nomination announcements
Courtesy of abc10



Photo of Ariana DeBose Courtesy of
laughingplace. Debose was nominated for
best supporting actress

CLOG Staffwriter Review on Oscar Nominees

JARRETT CONNOLLY

JARRETT.CONNOLLY.20@CNU.EDU

Last Tuesday, February 8th, the Academy of Motion Picture Arts and Sciences unveiled the nominees for the 94th Academy Awards on March 27th. It is a packed and highly competitive field of nominees for all the awards. The biggest surprise is everyone seems to be happy this year about the nominees. Let's hope the Academy doesn't try to make people mad like last year.

Best Picture has some really great films going for the Oscar. Belfast, CODA, Don't Look Up, Drive My Car, Dune, Licorice Pizza, King Richard, West Side Story, Nightmare Alley, and The Power of the Dog are all vying for the award. The clear pick has to be the western psychological drama The Power of the Dog, which has been sweeping Best film awards across the board and for good reason, the film is excellent. The film's director and writer, Jane Campion, deserves the Best Director and Best Adapted Screenplay accolade for her masterful creation of this work.

For best actress, Kirsten Stewart, no longer "the girl from Twilight", seems to be the right choice as she fully evolved into Princess Diana in the film Spencer portraying the Princess in the darkest period of her life. For Best Actor, Will Smith also was able to evolve into another person: tennis coach and father of Venus and Serena Williams, Richard Williams in King Richard. Both of these actors deserve those awards for their excellence. For the Supporting Actor and Actress awards, Troy Kotsur should make history as the first deaf actor to win the award for his gripping performance of a deaf father to a hearing child in CODA. Kirsten Dunst's role as an alcoholic inn owner in The Power of the Dog should earn this underrated actress her first Oscar.

For Original Screenplay, King Richard's way of creating the origin of Venus and Serena will likely get the Accolade. In the Short Film Categories, the shocking Swiss short film Ala Kachuu must take Live Action Short for tackling the subject of bride kidnapping. Netflix's charming Robin Robin is the best pick for Ani-

mated Short. In the Documentary Short Award, Queen of Basketball is the frontrunner. The documentary feature award has usually been a disappointment but choosing a gripping film like Attica could be the redeemer,

For the Best Animated Feature Film award, the obvious favorite seems to be the record breaking Disney flick Encanto, but let's not discount the other nominees, which are Pixar's Luca, Flee, The Mitchells vs The Machines, and fellow Disney film Raya and The Last Dragon. Encanto's takeover of the world will likely propel it into victory but the Animated Category has been room for surprise before (Seriously, how did Toy Story 4 beat How Train Your Dragon: The Hidden World?!). Drive My Car will likely take International Film as it's the only foreign film in Best Picture as well.

After it was revealed Disney did not submit "We Don't Talk About Bruno" for Best Original Song (Why? I couldn't tell you), the field got competitive again. Disney only submitted "Dos Oruguitas" for nomination but it has some tough competition as Billie Eilish's "No Time to Die" for the film of the same name and Beyonce's "Be Alive" from King Richard are definitely worth considering. My personal pick will be Eilish because the song with Eilish's hypnotic voice is a heart stringer puller. As for Best Original Score? It's about time Hans Zimmer won again, he's been putting out his best work for the past decade and hasn't won since 1994 for The Lion King, give this man his Oscar!

I believe Dune will sweep the awards for Visual Effects, Film Editing, Cinematography, Costume Design, and Sound. This film adaptation of the hit Frank Herbert novel was able to succeed where previous adaptations failed because it was able to improve on all of these things. It's undeniable that modern technology allowed this film to pull the world of Dune straight from the pages. House of Gucci is the right pick for the Hairstyle and Makeup Award for the sheer ability they had to make Lady Gaga and Jared Leto completely unrecognizable in their roles.

You can catch the Academy Awards on ABC on March 27th!

What's Going on??

Here's what you missed in the wide world of sports...

1) The No. 1 professional tennis player in the world, Novak Djokovic states that he will opt out of future Grand Slam tournaments as long as they require COVID-19 vaccine mandates.

2) 15-year-old Russian skating phenomenon, Kamila Valieva has achieved the gold medal in the Olympics – while testing positive for a banned heart drug trimetazidine. Many have compared the event to Sha'Carri Richardson's scandal last summer, emphasizing double standards amongst athletes of color.

3) NBA Trade Season: In what is considered a blockbuster deal, the Brooklyn Nets trade James Harden to the Philadelphia 76ers for Superstars Ben Simmons, Seth Curry, Andre Drummond.

LA Rams Win Super Bowl LVI

What an unexpected win!

COLTON PARHAM
COLTON.PARHAM.21@CNU.EDU

The Los Angeles Rams earned the title of Super Bowl champions this past weekend against the Cincinnati Bengals in a close 23-20 final. The game started in a close contest between the American Football Conference (AFC) and National Football Conference (NFC) champions with the Rams gaining an early lead. But the Bengals had almost closed the gap by the time the rap-filled Snoop Dog, Dr. Dre, Mary J. Blige, and Eminem Halftime Show commenced. As the fourth quarter arrived, the Cincinnati Bengals had gained a close lead. For a short time, it looked like the Bengals could pull off their first Super Bowl victory since 1988, especially with underdog quarterback Joe Burrow. But with

just over a minute left on the clock, the Rams nearly lost a critical offensive opportunity which they almost fumbled more than once. Yet they still managed to get it into the Red Zone, and after multiple plays ending with penalties and flags, Los Angeles quarterback Matthew Stafford found wide receiver Cooper Kupp for the touchdown.

Responses to this outcome have been mixed. Prior to the Super Bowl, the Bengals have been the underdog team as they concluded the regular season with a 10-7 record compared to the Rams' impressive 12-5. The Rams have also appeared in a Super Bowl more recently, last appearing in 2019 against the New England Patriots

ending with a disappointing defeat. Yet few would argue that the Rams were clearly the better team, despite how encouraging an unexpected Bengals victory would have been. The Rams have been a far more competitive team in recent years ever since that humiliating loss, and while the Bengals' AFC Championship title was a surprise to most, an NFC Championship to the Rams was not.

Whatever the critics, sports fanatics, and spectators say about this, it's quite clear that this Super Bowl Championship will be one to remember. Hopefully, the Los Angeles Rams will remain victorious within the next couple of years!



THE LOS ANGELES RAMS ARE CELEBRATING A SUPER BOWL VICTORY

PHOTO COURTESY OF NFL.COM

Super Bowl 56...Let's Talk About It

A new champion Rams their way to victory!

ELIJAH WILLIAMS
ELIJAH.WILLIAMS.19@CNU.EDU

Many sports fanatics said it couldn't be done. Many spectators were hoping and praying for the downfall of the Los Angeles Rams, while witnessing the underdog story come to fruition for the Cincinnati Bengals. Well, I hate to break it to you, but that was simply not the case!

In case you missed one of the most highly anticipated events this weekend, the Los Angeles Rams defeated the Cincinnati Bengals with a score of 23 to 20! The LA Rams, led by Matthew Stafford managed to defend the Bengals pretty impressively during the first half. While it was still anybody's game, a half-time score of 13 to 10 seemingly placed the Rams in an early position to lead.

Then came the third quarter. Just like many have predicted and witnessed during the NFL season, the Bengals wasted no time regaining lost ground. Bengals quarterback Joe Bur-

row found wide receiver Tee Higgins down the field during the first play of the second half. If it wasn't for a certain Rams defender tripping over himself, then Higgins would not have ran 75 yards for a touchdown.

To put an icing on the cake, Stafford accidentally threw what turned out to be an interception on the first play of the Rams drive. By the end of the third quarter, the Bengals were back on the upswing with a score of 16-20.

With such a push and pull for victor of the coveted Vince Lombardi trophy and the pretty sweet rings, the fourth quarter seemed to be a very dramatic, high climatic affair for the next 15 minutes.

After countless weird plays on both teams and crucial penalties flying all around, the LA Rams managed to score another touchdown.

Yet, there was still just enough time for the fierce Bengals to steal the win out from under them, fulfilling what many had predicted. When the Cincinnati Bengals received the ball, they were unable to get across midfield, thanks in part to the unrelenting fierce pressure brought on by defensive tackle Aaron Donald and the Rams defense.

Victoriously, the Rams did just enough to secure the win, upsetting all odds and expectations that many had placed prior to. Not only is this the LA Rams second Super Bowl win in its franchise history, but it was the first superbowl win for many of the team's major players.

Fan-favorite Odell Beckham Jr. finally won his first Super Bowl ring after playing with the underwhelming, the New York Giants and the disappointing Cleveland Browns.

Quarterback Matthew Stafford was able to earn his first Super Bowl victory as well after 12 seasons of being associated with the Detroit Lions. Offensive Tackle, Andrew Whitworth is now officially the oldest offensive tackle to win a Super Bowl for the first time at the tender age of 40.

While many would call this an upset, I would call this a sweet tug-of-war victory against the two most unlikely teams to match-up. Surely, it seems that Super Bowl 56 will be one that's going to be fondly remembered for years to come.

And hey, at least Tom Brady wasn't playing in a Super Bowl this time!



PHOTO COURTESY OF USA TODAY

What's happening soon in Sports:

February 17-23*

*Games listed are happening at CNU

February 18-19th:

Women and Men's Track & Field: Coast-to-Coast Athletic Conference Indoor Championship

February 18th:

Men's Baseball:
CNU v. Susquehanna University
Time: 2:00pm

February 19th:

Men's Baseball:
CNU v. Carolina Wesleyan College
Time: 2:00pm

Men's Tennis:
CNU v. Averett University
Time: 3:00pm

Women's Basketball:
CNU v. Salisbury University
Time: 6:00pm

February 20th:

Women's Softball:
CNU v. Louisburg College.
Time: 1:00pm & 3:30pm

To look at events for future weeks visit c nusports.com

Captain's Den Restaurant Review

Good food and good drinks galore

SHANNON GARRETT
SHANNON.GARRETT.19@CNU.EDU

We recently got a new restaurant/cafe to serve the CNU community called the Captain's Den (see last week's issue of the Captain's Log for more information). This past week I went to the Captain's Den to see what they have because I was excited to see on their menu a roast beef sandwich. Though, that was not what caught my attention. While they may pride themselves on their coffee, what they really should be proud of are their burgers. Yes, they made one of the best burgers I have had in a while. I got the Captain's burger, which is basically a cheeseburger with lettuce, tomato, and the Captain's sauce, which is similar to Chick-fil-a sauce in taste. On my order, I asked for no cheese as I don't like melted

cheese on my burgers. The burger patty was large and juicy, making for a bit of a mess, but one that was worth it. Ordinarily, I'm not a big fan of tomato, but I liked it on the burger because it didn't stand out. The burger patty was the main focus, and it was really good. It also came with a side of fries that were amazing. The only downside to the fries was that they were a little too salty. Next time, I'm going to ask for less salt. I also tried out the chocolate croissant from their bakery. The croissant was fine, but I've had better. I would like to try out more from their bakery. On another visit, I had gotten their roast beef sandwich and a hot chocolate. The hot chocolate was good; I could tell that they used some high qual-

ity chocolate in that. On the other hand, I was a little disappointed with the sandwich. Maybe it was just that my expectations were too high, but the cut of the roast beef was too thick. It didn't remind me of the roast beef I've had in the past, and it threw me off a little. Also, I think the sandwich was a little on the dry side because of the bread. I mean, I still ate it, but I'm not sure I would get it again. On the whole, the Captain's Den has some really good food, and some that need a little work. That's fine, the restaurant has only just opened. They've got the time to tweak a few things if necessary, but I definitely want to go get that burger again.



Top: Captain's Den Bakery
Bottom: Captain's Den Menu
Photos Courtesy of Captain's Log

A Bipolar Week of Weather

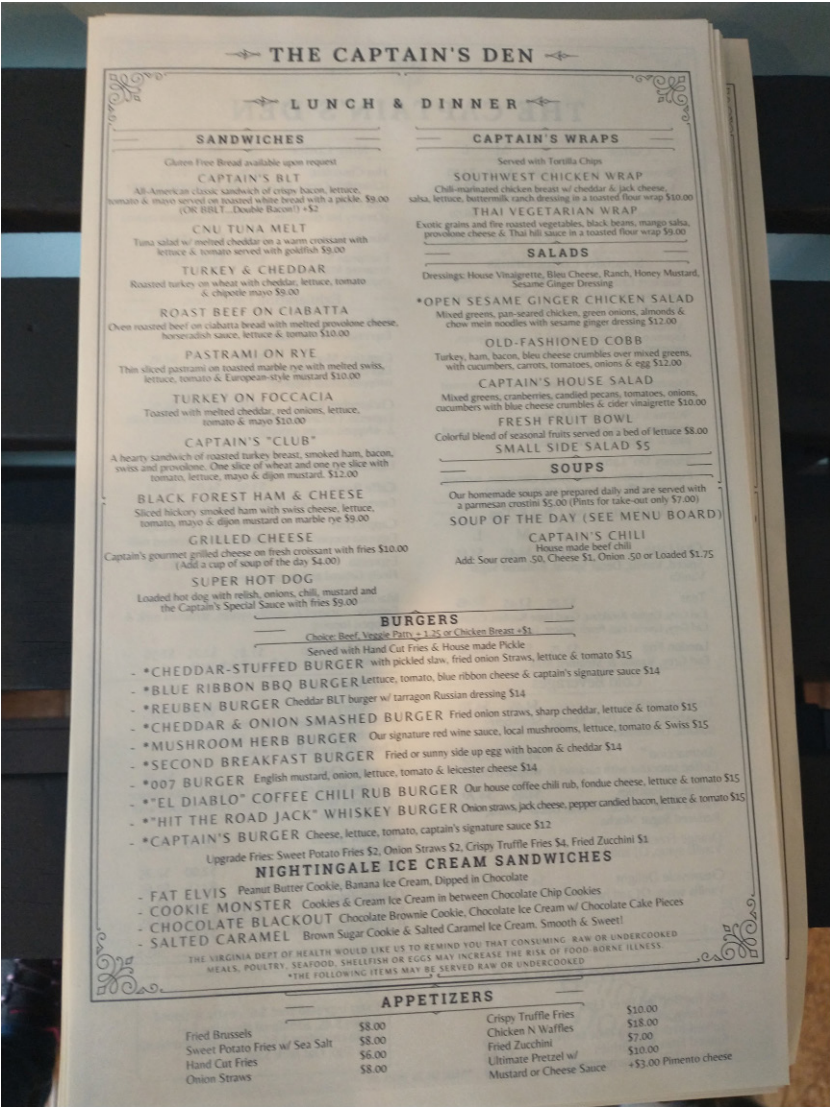
Either too hot or too cold

SAVANNAH DUNN
SAVANNAH.DUNN.21@CNU.EDU

A pretty bipolar week for the weather here in Newport News with highs ranging from the freezing cold to t-shirt weather. After the groundhog saw his shadow in early February, indicating 6 more weeks of winter, we thought for sure that it would remain cold, but global warming had other plans. Monday, February 7th started off with a high of 43 degrees and the same for Tuesday. Wednesday however, students were shocked to find a high of 55 degrees leaving them to shed their coats and hoodies. Thursday, Friday, and Saturday were in the high 60s and low 70s and the Great

Lawn was packed full of students and other members of the Newport News community walking around, throwing a frisbee, playing Spike Ball, or just relaxing on a blanket. Unfortunately those warm weather days were soon gone because on Sunday the high was 40 degrees and... there was more snow. Now, with the cold and cloudy weather back, the lawn is empty and students race to their classes and their dorms to stay warm. Not to worry though, highs will be back up in the 50s and 60s later this week with Thursday having a potential high of 70! The two week

weather forecast shows the highs ranging from 50s to 60s for the remainder of the month and hopefully warmer weather to come.



We're All Just "Getting Bi"

Looking at bisexuality with a fresh eye

SHANNON GARRETT

SHANNON.GARRETT.19@CNU.EDU

On Feb. 8 at 4:30 pm, the Gaines Theatre held an event called "Getting Bi: Bisexuality 101 and Beyond". It was sponsored by the Women's and Gender Studies program here at CNU. The speaker at this event was Robyn Ochs, a bisexual woman whose work deals with gender, sexuality, and identity. Ochs has been to 49 US states and 17 countries as part of the work she has done. An opening statement delivered by Laura Puaca, history teacher and the director of the Women's and Gender Studies program, gave thanks for those responsible for the event and introduced Ochs.

Right off the bat, Ochs captivated the audience with their wit and humor. She made sure to explain some of the basics of sexuality and that there is no one right word that encompasses someone's sexuality. An example would be the whole debate over whether bisexual or pansexual is the 'better' term, leading to some division in the LGBTQ+ community. More acceptance of other people's preferred labels, and less time arguing over the correct terminology. Most of the presentation was about bisexuality, which includes giving some kind of definition. Bisexuality can be seen as attraction to more than one gender, romantically and/or sexually, as Ochs puts it best.

She also aimed to dispell the myths around bisexuality and talked about what it means to be bisexual. Ochs also included data from Gallup polls from 2012-2020 where it became apparent that more and more young people were willing to identify themselves as part of the LGBTQ+ community. In other words, the younger generations are getting less heterosexual. This trend is not just a US thing. While many countries outside of the US have much more negative attitudes about the LGBTQ+ community, there are more people out there who are willing to identify as part of the LGBTQ+ community.

According to the research done by Ochs, bisexuals have the poorest health relating towards sexual orientation and have higher rates of anxiety/mood disorders, binge drinking, etc. Ochs also talked about a term I had never heard of before that really brought some things into perspective for me, which is minority stress. Minority stress is when the environment around someone causes them stress due to prejudice and discrimination. To go along with that, intersectionality is how differing identities meet, be it gender, sexuality, or race/ethnicity. A person would feel more minority stress on them in complex and layered ways.

When it comes to being bisexual, there is no one single experience or right way to be bisexual due to factors such as age, gender, race, and location. That's why it's important to listen to other people's stories as we all learn from each other about ways we can feel good about ourselves and our sexuality, which is something Ochs' work focuses on. It's also a good way to learn how to unpack the many negative stereotypes surrounding bisexuality and to dismantle those stereotypes. Some people out there see bisexuals and bisexuality as cheaters, polyamorous, or 'just a phase'. Some of them think that bisexuality is just a stepping stone to coming out as gay/lesbian later on, but that is just a negative stereotype.

People start thinking this way because of binary thinking leading to an either/or culture that makes people out to be this or that, religion, ignorance of parents, or terrible representation in media and in general representation in pornography. We live in a culture that finds sex and sexuality to be uncomfortable to talk about, leading to bisexuality getting a bad reputation. Also, binaries are powerful; some people think you can only be gay or straight, no in between. Information

about bisexuality can be hard to come by, as we don't always see bisexual people in real life, leading to little visibility of actual bisexual people outside of media.

It's not easy for bisexual people to find resources or safe spaces for them, as they don't have a political identity. They're not taken seriously, feel invisible and underrepresented, and are challenged about their own identity. But that doesn't have to be true as every day bisexual people are out there reclaiming their whole selves and their identity as bisexual from people who would take it away.

Ochs' presentation lasted for an hour and 20 minutes with a quick Q&A session at the end. There was a table set up right next to the exit where it was possible to buy bisexual-themed pins, various pride flags, and books that Robyn Ochs had a part in. The presentation was very informative and very funny at the same time. I am glad that I was able to go to this event and that the Women's and Gender Studies program was able to make it happen. This event was definitely worth going to.



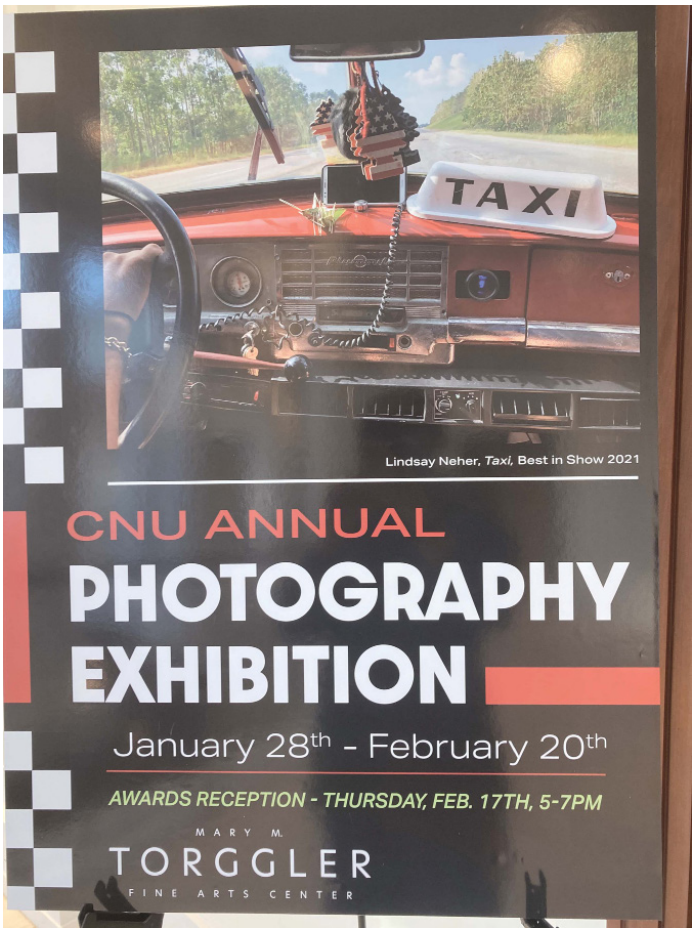
Top: Poster of Getting Bi event

Left: Bi-themed pin from event

**Photo Courtesy of Captain's
Log and Campus
Announcements**

CNU Annual Photo Exhibition

Fine Arts in the Torggler



SIGN OF THE EVENT



LEFT:
SUNSET BY
THE SHORE
BY JORDAN
OGLESBY

Sunset By The Shore
Jordan Oglesby



"Chesapeake" at Dawn:
Fishing Hole
Tess Goldblatt

TOP: 'CHESAPEEK' AT
DAWN: FISHING HOLE
BY TESS GOLDBLATT



War of Confusion
Kimberly Tross

TOP: WAR OF CONFUSION BY KIMERLY TROSS



Back Stage #5
Jim Thompson

RIGHT: BACK STAGE #5
BY JIM THOMPSON



Sunset View
Hannah Brinckley

TOP:
SUNSET VIEW
BY HANNAH
BRINCKY



TOP: OLD TIMERS BY LAURYN JAMES



BE HEARD BY BRANDON DAVIS



**LEFT: NIKE, PARIS
BY IVAN
RODDEN**



TOP: MEETING OMAR BY DAVID LEE PAUL



**PLAYITAS BEACH
BY CHRISTOPHER
BAVARIA**

ALL PHOTO COURTESY OF THE CAPTAINS LOG

A Captains Log Flashback

Looking back at different moments of CNC/CNU history that *The Captains Log* covered in February

JOSH GRIMES

JOSHUA.GRIMES.19@CNU.EDU

For over 60 years the campus newspaper, whether it was *Chris's Crier* or *The Captains Log*, had covered the happenings of Christopher Newport.

Since it is Feb., I thought it would be cool to look back at some of the historic moments that were covered, which had an impact in CNU's history.

Weather related closing

In 1975, the campus cancelled classes because of blizzard like conditions that impacted travel. This was the first time since 1972 that the weather caused a closure.

Robert Hale wrote in his article "Seasons First Snow Close Classes at CNC", "in 1972, a severe rainstorm inundated the parking lots and flooded some of the buildings, forcing the school to close."

For context, CNC wasn't a residential campus at this time. The campus was a commuter school.

CNC gains independence

About a year later in 1976, CNC achieved a milestone in its quest to separate from The College of William and Mary.

That milestone was having proposed legislation on the matter.

The legislation was proposed by the father of Christopher Newport, Delegate Lewis A. McMurren, Jr., which McMurren Hall is named after.

On a side note, the student center prior to the David Student Union, which opened in 1973 and was torned down in 2010, was where McMurren Hall is now.

Prior to 2012, Christopher Newport Hall was McMurren Hall. The name changed on Dec 14 1985. This building was the oldest on campus, built in 1964.

Heading back to the milestone. The article "Milestone Achieved in CNC Quest" from the Feb. 2, 1976 issue mentioned that the William and Mary Board of Visitors hadn't actively encouraged the separation or opposed the action at the time the story was published.

If legislation was approved, a twelve member board would be appointed by the Governor, and it would be effective July 1.

On March 5, the General Assembly passed the bill and CNC's complete independence happened a year after the Board of Visitors was appointed.

CNC changes its name to CNU



(Photo above is courtesy of *The Captain's Log* March 2, 1992 edition. It shows students gathering together on a misty afternoon to share their voice believing that it is to the best interest of CNC to proceed with university status.)

Less than 15 years after gaining independence, Dr. Anthony Santoro became the president to oversee the college to university name change.

Like during Dr. James Windsor's presidency when the college wanted to separate, the College of William and Mary made change a challenge.

After the House in Jan 1991 and the Senate in Feb 1991 passed the necessary legislation, sponsored by Alan Diamonstein, Christopher Newport began offering graduate classes in education the following fall.

As Diamonstein helped the college get its second graduate program in applied physics, Dr. Santoro decided that there should be a name change from college to university.

Before getting approval from the Board of Visitors, prior to the idea going towards the General Assembly, Dr. Santoro initially sought approval from the CNC's faculty senate, Student Government Association, and the Alumni Society.

All of these organizations enthusiastically backed the change even though not everyone was happy.

"Some faculty members thought the administration had focused too much of its energy on these new graduate programs and not enough on undergraduate curriculum, faculty needs, and classroom equipment.

English professor Douglas Gordon said, for instance, 'CNC may not have as much concern for its [undergraduate] students as it has in the past.'"

The Daily Press even chimed in on the name change urging readers to say the new name out loud.

The editor wrote, "We can imagine the pitch to prospective students: 'We'll be seeing you at CNU!'"

Over at William and Mary, the president, at the time, Paul Verkuil, shared a letter to the *Daily Press* in protest.

In the letter, Verkuil stated, "As president of the most venerable 'college' in America, I have some reservations about Christopher Newport's desire to change its title to that of university."

He said that he understood the college had been granted the right to award 'a master's degree in education,' but university status was only truly reserved for those institutions that awarded 'the PhD or doctoral degree.'

Although Verkuil admitted 'many true colleges' had in recent decades renamed themselves universities in order 'to inflate their status,' Christopher Newport ought not to follow their lead. '[A] single master's program,' he sniffed, 'does not make a university.'

The letter ended up setting off a wave of indignation across campus.

"Christopher Mancill of the Student Government Association called Verkuil's attitude 'unwarranted, unfounded, and unkind.'

Economic professor Carl Colonna referred to the William and Mary president as an 'academic snob,' while Santoro responded with a *Daily Press* letter of his own.

Claiming that he was 'most disappointed' by his fellow president's letter, and especially with its 'remarkable language,' Santoro asserted that Christopher Newport had earned the designation 'university,' not only because it would soon be offering two graduate programs, but also because it 'has a high percentage of faculty who hold terminal degrees, has a large student body, and is conducting a substantial amount of research.'

Santoro concluded, 'It is unfortunate that others are disomforted by our progress, yet we at CNC must define our own vision.' Although Verkuil publicly refused to back down and, indeed, urged the CNC community to 'lighten up,' he phoned Santoro and privately told him that he, Santoro, had the better of the exchange."

Returning back to *The Captains Log*, in the Feb. 3, 1992 issue, there was a report on how the legislation won passage in the House of Delegates by a 96-3 vote.

The report, "CNU bill passes House Vote" also shared the three who were against the vote and the reasoning of why one of them didn't support the vote.

"The three delegates that voted

against the measure were Del. Richard 'Dick' Cranwall of the Roanoke area, Del. Thomas M. 'Tom' Jackson Jr. of Wythe and Del. George Grayson of Williamsburg.

Grayson, a professor at the College of William and Mary, was the most vocal opponents of the change in name, saying that the change would "make a mockery of the word 'university'."

A week later, Santoro's response to the quote, was published in the Feb. 10 edition in an article titled "CNC has moved one more step closer to becoming CNU", written by news editor Amy Sparks.

"In response to the comment, President Anthony R. Santoro, said 'Grayson's comment comes from a lack of information regarding CNC's president growth.'"

The same report published, mentioned that Dr. Santoro was confident that the bill would pass the senate.

In a 38-0 vote, the CNU bill passed overwhelmingly. *The Captains Log* reported this in its Feb. 24 issue.

At that time, there was a possibility that Governor L. Douglass Wilder would sign the legislation on campus as a commemorative event.

Faculty members even debated on what constitutes a 'university' and at what stage of its development a college may rightfully aspire to the title.

Dr. Mario D. Mazzarella, the Executive assistant to the President, shared that the distinction was obvious.

"A university is any institution of higher education which awards graduate degrees. The number of programs offered is inconsequential to the definition."

Dr. Mazzarella also pointed out that other Virginia schools such as James Madison, Radford, Norfolk State, and Virginia State do not award doctorates and maintain university statuses.

One other thing that Dr. Mazzarella pointed out was how this was all been a matter of evolution.

"CNC began as an offspring of the College of William and Mary. 'We started off as a two year institution, then to a four-year institution. Now we are offering graduate degrees. It's a natural progression.'"

Dr. John R. Guthrie, Chairman of the Department of Modern and Classical Languages and Literatures, mentioned "that one of the change would be desirable is that it would

eliminate much of the confusion that people feel when trying to distinguish between a community college, such as Thomas Nelson, which offers a number of vocational courses and a four-year institution of an exclusively academic nature like CNC."

Dr. Guthrie, who is a William and Mary alumnus, also added an analogy to the debate when discussing the disapproval expressed by some faculty members at the College of William and Mary. It was of a child leaving home.

"It is often difficult for the parent to accept that the child is capable of making it on its own. In conclusion, 'Everyone has to grow; give them a chance.'"

There was also a critic amongst the faculty debate.

"One particularly outspoken critic is Dr. Timothy E. Morgan of the History Department, who says bluntly, 'Two graduate programs do not make a university claiming that historical antecedents indicate that there is more to a university than the availability of masters degrees.'"

Dr. Morgan provides a history lesson in the "CNU just waiting on Governor Approval" article written by contributing writer, Nick Tooley.

Governor Wilder signed the CNU legislation on March 4.

While the student body was waiting for the legislation to be signed, two days earlier, *The Captains Log* published a photo of students from SGA gathered together sending a message to Gov. Wilder that went like this.

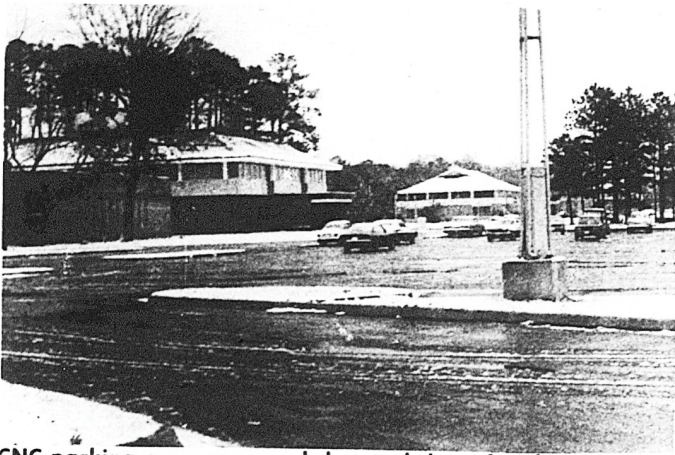
"Hurry up and sign that bill so that we can get this sign changed to our new name!"

Not long after, CNC's bookstore immediately placed everything with "Christopher Newport College" on it on sale.

This July 1 will mark the 30th Anniversary of Christopher Newport's name change from college to university.

For more newspaper throwbacks and to see what past editions of *The Captains Log* and *Chris Crier* visit www.chris.cnu.edu.

Some excerpts relating to CNU's name change came from Dr. Phillip Hamilton's book, *Serving the Old Dominion: A History of Christopher Newport University, 1958-2011*.



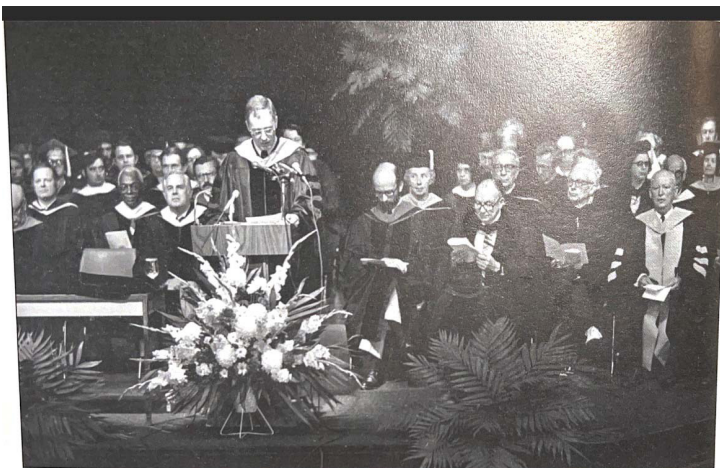
CNC parking area appeared deserted day after first snow. This was the first time classes were closed since 1972. (Photo by Lyon)

LEFT: PHOTO SCREENSHOT COURTESY OF CAPTAINS LOG JAN 27, 1975 ISSUE

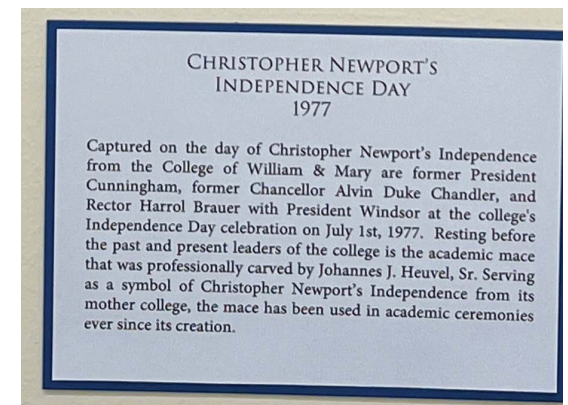
RIGHT: PHOTO SCREENSHOT COURTESY OF DR. SEAN HEUVEL'S PICTORIAL BOOK ON CHRISTOPHER NEWPORT UNIVERSITY



Four individuals instrumental in Christopher Newport's founding and development are pictured right before CNC's independence ceremony. From left to right are former CNC president H. Westcott Cunningham, former William and Mary president and chancellor Alvin Duke Chandler, former William and Mary president Davis Y. Paschall, and CNC president Windsor. A framed drawing of the Daniel school building is in the background. (Courtesy of the *Daily Press*.)



On July 1, 1977, officials from CNC and William and Mary gathered in the campus theater to officially acknowledge Christopher Newport's new status as an independent, public college. Speakers commented on the institution's development before CNC rector Harrol A. Brauer Jr. gave the official address. President Windsor is shown introducing special guests. (Photograph by James Livengood, courtesy of the *Daily Press*.)

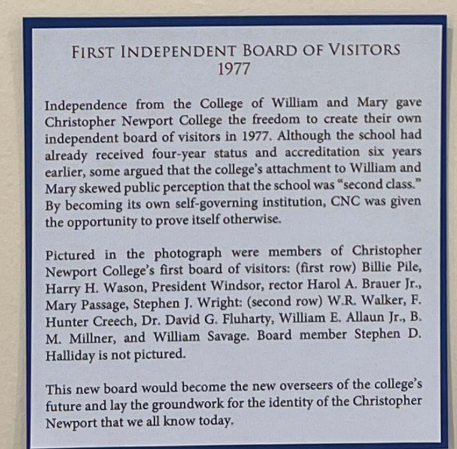


ALL PHOTOS ABOVE AND BELOW ARE COURTESY OF THE CAPTAINS LOG
CAME FROM THE TRIBLE LIBRARY CNU HISTORY EXHIBIT
FOR THE 60TH ANNIVERSARY OF CNU

PHOTO SCREENSHOT COURTESY OF DR. SEAN HEUVEL'S PICTORIAL BOOK ON CHRISTOPHER NEWPORT UNIVERSITY



In 1992, Christopher Newport celebrated a major milestone in its history, elevation to university status by virtue of offering master's degree programs. Officials are shown unveiling the institution's new entrance sign. From left to right are Virginia education secretary James W. Dyke Jr., former rector Harrol A. Brauer Jr., and President Santoro.



ABOVE AND RIGHT:
PHOTO SCREENSHOT COURTESY OF DR. SEAN HEUVEL'S PICTORIAL BOOK ON CHRISTOPHER NEWPORT UNIVERSITY



Members of the CNU community also commemorated this historic event by spelling out their new institutional abbreviation for this legendary photograph. Elevation to university status marked an important step in Christopher Newport's institutional evolution. While maintaining its local roots, the university was also beginning to extend its reach to the rest of the state and beyond. (Courtesy of the Santoro family.)

How do people feel about President Tribble's retirement and the future of CNU?

A survey of 30 different CNU students



ABOVE: PRESIDENT TRIBLE STANDING AND SMILING ON THE THE PRESIDENT'S FLOOR; RIGHT: PRESIDENT TRIBLE STANDING AND SMILING IN FRONT OF CHRISTOPHER NEWPORT HALL ON THE GREAT LAWN PATH; BOTTOM: PRESIDENT TRIBLE SPEAKING IN A MEETING

ALL PHOTOS COURTESY OF THE DAILY PRESS



EVELYN DAVIDSON
EVELYN.DAVIDSON.20@CNU.EDU

This semester marks the end of Paul Tribble's 26 and a half year career as president of CNU.

In Sept. of 2021, Tribble announced that he would be retiring at the end of Spring 2022 in order to dedicate more time to his family.

As such a well-known and familiar presence on campus, Tribble's sudden retirement announcement reverberated through the community. In light of this pivotal change for the university, I wanted to hear from a broad spectrum of students to find out their thoughts on Tribble's retirement, his lasting legacy, and their hopes for the future of CNU.

I interviewed 30 randomly selected students. Of the participating group, 33.3% were seniors, 26.7% juniors, 20% sophomores, and 20% freshmen. In addition, interviewees came from a range of academic backgrounds: biology, psychology, and finance to name just a few.

First, I asked each person how they felt about Tribble retiring. Quite a few people didn't know or weren't greatly affected by the news. Others noted that it would be a weird adjustment for CNU.

Senior, Shyanne Hensley, said, "I think it's going to be a really interesting time for the university because we've relied on his specific vision to shape our school for a really long time."

Many voiced their sadness at the thought of the university moving forward without him.

Sophomore, Jamie Cross said, "He's obviously worked so hard to make CNU into what it is, so it's kind of sad to see him go. And you know, he and especially Rosemary's presence on campus and their sort of passion for the school has been a big part of making it what it is for the past 25 years or so."

However, some are excited for Tribble to retire because they believe that it's time for change.

Senior environmental biology major, Anna Quinto stated, "I think it's good to have a fresh start and new eyes on the school."

She said, "It's always good to get fresh leadership just like we do for every other type of government."

Another senior, Hannah Hummel said, "I think it's time to maybe get someone new in here because he's been here for so long and he's very traditional, but I don't think that's reflective of the majority of our student population."

While some soon-to-be graduates didn't have strong feelings about Tribble's

retirement, Brian Rademacher, a management major, said, "As a senior, I'm happy that I got to have him for 4 years because I had a feeling that he was going to retire at some point during my college experience."

He continued, "So I'm glad that it was senior year so that I got to kind of have the full circle of all the traditions with him."

In contrast, newer students expressed their disappointment that Tribble won't be part of their whole college experience.

"Since I'm a freshman, I'm new and I see that he's done a lot of things to help this school out and I'm kind of sad that I don't get to experience my four years that he's here," said, Skylar Took.

English major, Josh Powers, stated, "Cause I'm a sophomore... it's going to be weird coming in here and we had him and then I'm not going to be able to walk on stage...I can't shake Tribble's hand, it's going to be someone different."

Next, I asked students what Tribble's legacy will be. Most students praised Tribble for his incredible impact on the university's growth. Many noted Tribble's extensive work in expanding campus and credited him with CNU's increasingly positive reputation.

Abigail Sams, a junior political

science major, commended all of Tribble's efforts to rebuild campus and referred to such growth as a "re-birth."

Sophomore Kateri Kapp, said that, "CNU and his name are going to be intertwined forever."

Other participants reflected on the traditions and ideals that Tribble instilled in the community.

Andrew Cagle, a senior, said of Tribble's legacy, "I definitely think it'll be with the President's Leadership Program and the values and culture that he introduced to Christopher Newport University. I think that the idea of service, the idea of being friendly to the people around us, the holding the doors, the honor code, these are going to be things that are going to be around with CNU for a long time and I think a lot of credit goes to Tribble for introducing them."

Lastly, I asked what students hoped to see in the next president and to share anything specific that they wanted to see accomplished. Students made a variety of recommendations, including renovation of older buildings, expansion of parking, and an increase in CNU's involvement in the surrounding Newport News community.

Junior, Ben Gleason, hoped for CNU's growth without the loss of its close community feel, "I think it's

good to keep our manageable size so we can have that personal feel but also continuing to grow the quality of our academics and our campus, just like Tribble did."

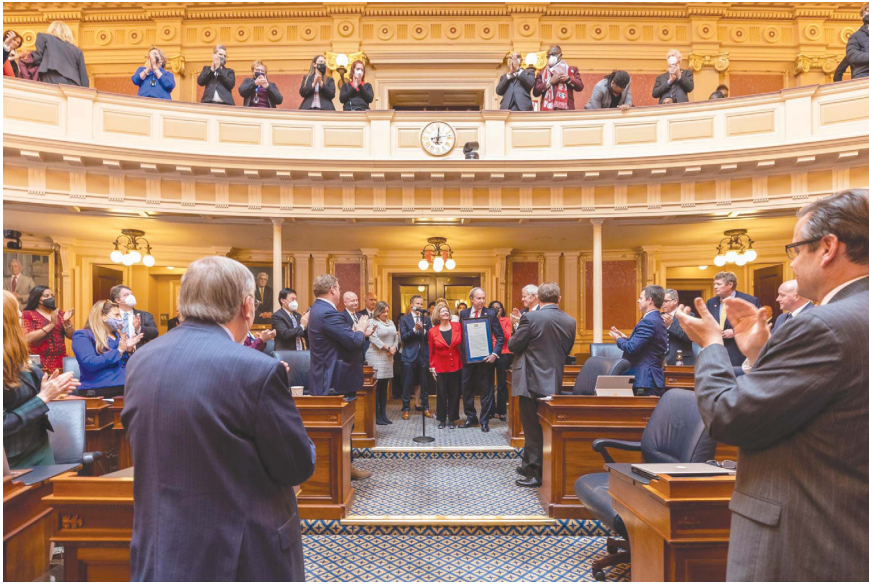
Others want the next president to have the same values and commitment as Tribble did, but with a greater emphasis on the students, specifically, diversity and representation for minorities and the LGBTQ+ community.

Freshman Kayla Burnett said, "I'm hoping that they're very open minded and they care for a lot of different communities of people and they'll stand for each and every person."

Christine Nguyen, a freshman computer science major, stated, "The next president should focus more on how the students are doing instead of making the campus look more pretty. We don't need another water fountain, we don't need green grass, we need support."

Hensley said, "I hope that as much as CNU focuses on keeping a good image, we start focusing more on the direct needs and voices of our students as individuals rather than the appearance our university gives off as an organization."

Pictures that goes with President Tribble being recongized at the General Assembly story in news



ABOVE: PRESIDENT TRIBBLE BEING COGNIZED BY DELEGATE MIKE MULLIN, COURTESY OF CNU NEWSROOM



PRESIDENT TRIBBLE AND ROSEMARY WITH THEIR PROCLAMATION, COURTESY OF CNU NEWSROOM



DELEGATE MIKE MULLIN HANDING PRESIDENT TRIBBLE AND ROSEMARY THEIR PROCLAMATION

COURTESY OF MULLIN'S FACEBOOK

Show Choir Season and Black History Month

Student shares thoughts on why Feb. is a favorite month

JOSH GRIMES

JOSHUA.GRIMES.19@CNU.EDU

Out of the year, there are certain months that I would consider to be a favorite.

February is one of them. Otherwise known as Black History Month, this month combines three things I enjoy: Spirituals, History, and Show Choir.

For a while, there has been a tradition that my church, Shiloh Baptist Church in Ashland Va, did every time this month came around. That tradition was that the music of the church services would be African American spirituals such as "Lift Every Voice & Sing"; "O Freedom"; "Swing Low, Swing Chariot"; and "Every Time I Feel the Sprit" just to name a few.

Another part to why this is a favorite month of mine is because it consists of looking back at history.

Eversince I was a child, history has been one thing that I enjoy looking back on.

When I listen to my old church dvds and hear the oral history of members that is/were living at the time, it reminds me that we are making history everyday as our stories are being written.

Finally, Show Choir has been in my heart since I figured out what it was when I was in the sixth grade.

Show Choir is when a choir sing and dance to several different numbers within a 20 minute performance. Numbers that makeup the performance include an opener, a second song, a ballad, and a closer. Often times, a show band plays the music but sometimes a song can be sung acapella.

Around this time, its always hype because I call it the start of show

choir season, which runs from February to March. In many schools across the country, the season runs from January to April.

Because of Show Choir competitions, it gave me a way to make connections to those that enjoy the same thing as I do, which is similar to Band in many ways.

Eventhough, I never participated as a member of show choir, I've gotten experience by helping backstage, by someone who loves to support everyone; by analyzing performances of schools in my school district and around the country; and by co-running the Virginia Show Choir twitter several years back.

This is a month that I get excited for every year. Now with Show Choir being back after two years, I'm looking forward to the season.



COURTESY OF GOOGLE

VIRGINIA *kindness* WEEK

CHALLENGE BOARD

We are challenging students across the state to complete a Kindness Board in recognition of Kindness Week!

Are you ready to accept the Kindness Challenge? In each of the seven squares write an act of kindness that you want to complete this week? Need some ideas? Check out the Kindness Challenge Idea Banks on our VA Kindness Week webpage! Be sure to share your progress on social media and take a selfie with our "Challenge Accepted" poster!

#VAisforKindness



VIRGINIA *kindness* WEEK
VIRGINIA DEPARTMENT OF EDUCATION

VIRGINIA *kindness* CHALLENGE

- ACCEPTED -

#VAisforKindness

kindness CHALLENGE

IDEA BANK

Donate or volunteer at your local food bank.

Listen to an inspiring podcast or read an inspiring book.

Ask a neighbor, parent, or friend if there is anything you can help them with.

Offer to tutor or read with a younger student for free.

Thank someone in your community that makes a difference.

Forgive someone you've been angry with.

Leave a positive note on a bathroom mirror, locker, or desk for someone to find.

Text a friend and tell them why you admire them.

Send a motivational quote or text to a friend.

Make a list of 10 things that you are looking forward to!

Do something kind for yourself today, drink more water, exercise, practice mindfulness, or take a brain break.

Tell someone in your family why you are grateful for them.

Stay after class or remain logged into your virtual meeting to tell your teacher what you liked about their lesson.

Surprise a local cashier with some flowers, a kind note or just tell them "Thank You!"

Go through your closet and donate clothing or toys you don't use to a local charity.

Find an inspirational quote. Write it on a sticky note and leave it for someone to find.

Join a Kindness Movement! Check out: Youmattermarathon.com or thekindnessrockproject.com

Enjoy nature. Spend some time outside today.


Do something for the environment today!

Call or mail a relative a message.


Challenge yourself to have a complaint free or social media free day!

Make an uplifting playlist and share it with a friend.

Post a positive message of gratitude, hope or kindness on social media.



SCAN FOR MORE ON KINDNESS WEEK



VIRGINIA *kindness* WEEK
VIRGINIA DEPARTMENT OF EDUCATION

Visit the Captain's Log Online on our website:
thecaptainslog.org.

There you can read all of our stories from the past semesters and from this semester.



PHOTO BY THE CAPTAINS LOG

If you have an interest in wanting to see what older issues of the Captain's Log look like including some other campus newspapers and yearbooks, visit chris.cnu.edu.

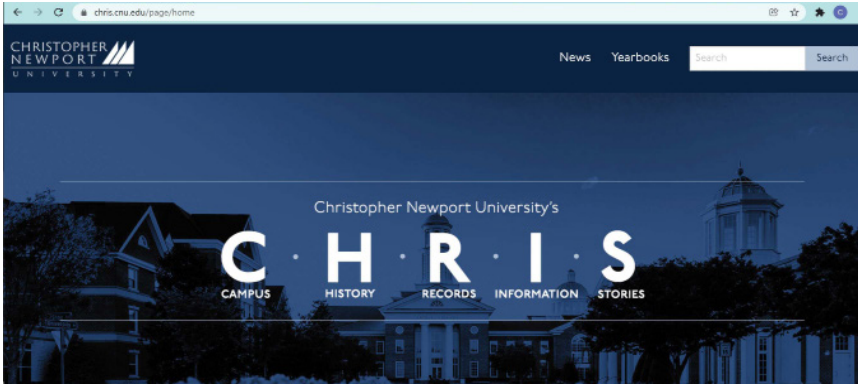


PHOTO BY THE CAPTAINS LOG



CNU TV videos on Instagram and Facebook



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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 on Wednesdays throughout the academic year.
THE EDITOR welcomes letters from readers. Editors reserve the right to edit letter 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
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