



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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#3 Women's Soccer back to winning ways behind record-breaking #19 Riley Cook

#19 Riley Cook controls the ball in traffic during the first conference match of the season against York (Pa.). COURTESY OF CNUOCPR

Cook puts four goals away during route against the York (Pa.) Spartans

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People often spend their whole careers trying to break records, but it took #19 Riley Cook just 51 games to do that...again.

This time she took down two more records in a single game. Both the records for most career goals in program history as well as the record for the leading points getter now belong to Cook.

After a double overtime draw against the University of Lynch-

burg last Wednesday (where Cook scored the lone goal for the Captains), the team needed a winning result to help get them back on track and continue to prove that their rank as the third best team in the country is no fluke.

Rising to the occasion, Cook, as well as the rest of the squad, delivered with a decisive 5 - 1 victory against York (Pa.) with Cook earning the title of Women's Soccer Conference Player of the Week in the process. Immediately after the whistle, the Captains offense

began to work their magic, rattling five shots towards #33 Cat McCarty, the goalkeeper for York during the afternoon match.

Three of those shots were taken by Cook, hoping to best the keeper and secure the Christopher Newport scoring record for herself early.

It wouldn't take long before #8 Emily Talotta put on her dancing shoes and waltzed past several York defenders before finding herself inside the 18 yard box with some space. She fired off a

low cross towards the middle of the field and found Cook, who had no trouble putting it into the back of the net for the goal which would give her the new record with her 111th career point.

Undeterred and looking for an opportunity to counter back, the Spartans potentially found an opening. That opening came through #7 Jill McDonald, who made her way onto the field into the defensive line.

The ball found its way into the Captains defense, but an overpass

got away from McDonald.

With the pressure coming from #14 Rori Englert, who spied an opportunity to make a play, McDonald looked to cut back but got caught on top of the ball allowing Englert to have a breakaway in for a one-on-one situation against #00 Haley Eiser.

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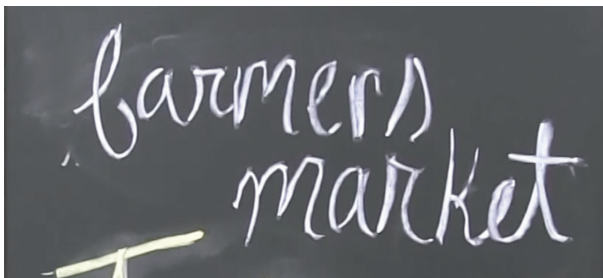


Weekly Pic

A table full of jars of honey from Kip's Wild Honey, one of the many vendors present at the Farmers Market.

PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

If you have a photo that you would like to be featured in the "Weekly Pic" section, please send it to clog@cnu.edu, along with your caption. We thank you for your submissions.



CNUTV

The Fall Farmers Market is in full swing. Check out the latest CNUTV video for coverage and a brief look at some of the many vendors that attend.

Happened

September 25

Fall Career Fair

Over 50 organizations came to campus to recruit for job opportunities and internships. Students of all years were able to showcase their resumes and practice their interviewing skills.

September 28

SDEC DIVE: Richmond Pride

Members of SDEC made a trip to Richmond Pride, learning about community engagement, sex education and inclusive problems that the LGBTQ+ community faces.

Happening

October 3 (8 p.m.)

Trivia Night Thursday

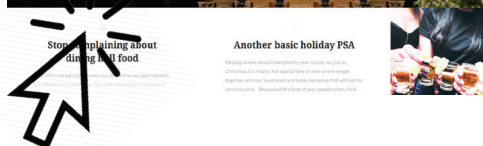
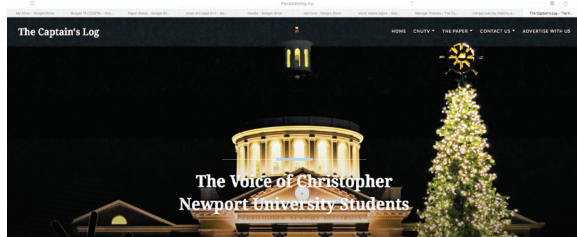
Join the OSA in the Crow's Nest for a night of pop culture trivia. In celebration of Mean Girls Day, teams that wear pink will receive extra points.

October 8 (5:00 - 7:00 p.m.)

Root Beer Olympics

Sigma Phi Epsilon and Alpha Phi are hosting a night of party games and fun activities. All proceeds raised from the event will go towards Mothers Against Drunk Driving and the Happiness Foundation.

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Visit us online on our new and improved website: thecaptainslog.org. There you can experience bonus content and read all of your favorite stories.

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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 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 5 p.m.

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“The power of knowing history”

Dr. Oliver Hill Jr. to visit Christopher Newport University to talk about civil rights

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Dr. Oliver Hill Jr., son of famous lawyer Oliver Hill, knows the power that history has on modern day society. While many people today think of slavery and the Civil Rights Movement as things of the past, events to study and reflect on, Hill has a unique perspective on how these issues are still potentially relevant in today's conversations.

Brown v. Board of Education, a landmark case that ruled that segregation within the public school system was unconstitutional, is the court case everyone studies in school to learn about racial inequalities within education. But this court ruling, while extremely significant, would not have come about if it weren't for a lesser known court case: Davis v. County School Board of Prince Edward County. In 1951, students staged a walkout that began a two-week protest in response to terrible conditions within the school.

Fed up with the lack of funding and inequality in the school district, student Barbara Johns organized the walkout and began the battle for desegregation within Virginia schools. This is

where Oliver Hill Sr. entered the scene. Although he originally was not going to involve himself in Johns' lawsuit against the school district, he was "inspired by her courage and intellect," according to Hill Jr. Two years later, Hill Sr. was successful in his lawsuit in 1954, and this case became one of the five cases decided under Brown v. Board of Education.

Given successes in the Civil Rights Movement such as the one earned by Johns and Hill Sr., it would be tempting to conclude that these issues of inequality were solved. Hill Jr., however, does not believe that to be true.

"[There are] lots of echoes of the 60's still now, more subtle," said Hill Jr. in a phone interview with The Captain's Log. "What used to be black voter suppression in the 60's is still a trend in the form of discouraging black voters today."

Hill Jr. explained that social class issues are a reflection and a continuation of the Civil Rights Movement of the 60's. For example, once suburban areas and historically all-white neighborhoods were mandated to desegregate, successful black families living in all-black communities were able to move to new homes and neighborhoods.

However, they left behind people who did not have the means to move, and these communities became even poorer over the decades as they continued to lose their high-tax paying residents. Instead of improving the school systems in this area, it actually exacerbated the issues, according to Hill, where the solution became to move out (if you could) and attend a better school system rather than to fix the ones that need more resources.

It is complicated issues like these that are the reason why Hill Jr. loves history. "You can see these threads that have roots in events over 150 years ago that are

still relevant today, still affecting key issues today," he said.

While history might not be an area of study that interests everybody, Hill Jr. maintains that everyone should at least have an understanding of history, especially in regards to the history of our own country and state.

"Everyone needs to know the history if we ever want to begin to heal the racial divide that is present in our country. We have Black History Month. It's time to expand that vision. It isn't just Black history, it's history. It's listening to different viewpoint to create a larger story."

Despite these heavy topics, Hill

Jr. has a positive outlook. "I'm a real believer in the power of knowing history, and we need to have an honest dialogue to heal differences."

If you want to hear more from Dr. Oliver Hill Jr., he will be speaking at Christopher Newport University on Oct. 7, from 4 -5:15 p.m. in the Tribble Library Theater.

In addition to talking further about the 65th anniversary of that important Prince Edward County case won by his father, Hill Jr. will discuss more his views of the state of civil rights in our modern society and how to continue the dialogue surrounding our complicated history. ■

How Virginia Faced the Dawn: A Conversation with Oliver Hill Jr.

When: Oct. 7, 4 - 5:15 p.m.

Where: Tribble Library Theater

A PLP and Honors event

Puzzle Corner

With the number 5000, Draw One Line to make it Half

5 0 0 0

Answers to the riddle can be submitted to felix.phommachanh.18@cnu.edu

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Are you registered to vote?

A group helps register students during National Voter Registration Day

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The closest election coming up is the General and Special Elections on Nov. 5. If you are not registered to vote already, then you must register before Oct. 15 to vote in the upcoming election. Not to mention, the 2020 presidential election is just around the corner.

Whether the election is big or small, each election puts a new officer in charge of how an area of our country is ran. In fact, the smaller the election seems, the more it will impact your local life because they are handling issues directly in your county or area. With college students not engaging in their civic responsibility of voting, an educated and mature audience is not having their voice heard in their county, state or country. Most college students do not even think about getting registered to vote until it is too late to vote in the next election. Virginia21

is hoping to change that.

Virginia21, an off-campus group, has had a table set up in the David Student Union Breezeway to help students get registered to vote on campus. It usually takes only a couple of minutes to complete the registration, so students can do it conveniently in the DSU between their classes. It is a great way for students to register because students can actually vote through CNU versus doing an absentee ballot. Virginia21 is a group of young adults who promote college affordability, student rights, election access, campus safety and economic opportunity. Virginia21 actually held their Summer Leadership Institute here at CNU this past summer. It is a five-day program that focuses on training young college students on advocating through policy, leadership, strategic communications, organizing and governance. Madisyn Hess, a junior at CNU, said, "I think it might come off as abrasive, but I think it is important and awe-



Scan this QR code for a link to register to vote. PHOTO COURTESY OF CAITLYN BAUSKE

some that they make a presence on campus and make it easy for students to vote."

Virginia21 is not the first organization on campus to push for students to be more civically involved. Campus Election Engagement Project (CEEP) is a nonpartisan group that focuses on registering voters, educating voters on elections and pushing students to vote by working with other organizations on campus. CEEP holds education meetings to inform voters on when the next election is, what it entails and how to vote. Joshua Scrabeck, a senior, said CEEP is focusing on "building coalitions between student-run organizations, the administration and faculty to increase student voting turnout." Joshua acknowledged that as young voters, we are the ones in charge of steering which way our politics will go. No matter your view on politics or what anyone else may tell you, it is hugely important that everyone has a voice in the ballots. ■

CNU recognized for Liberal Arts

Liberal Arts core curriculum at CNU earns the only "A" rating in the country

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The American Council of Trustees and Alumni (ACTA) recently awarded Christopher Newport University with an "A" grade for their core curriculum. CNU was one of only 22 universities (public and private) to earn such a high grade. The university was the only Virginia public institution to earn the highest possible grade and the only public institution in the nation to score a perfect score. ACTA is an independent, nonprofit organization that was established in 1995. The goal of ACTA is to support the liberal arts education, uphold high academic standards, protect free speech and ensure students are getting an education at an affordable price. The organization works with alumni, donors, trustees and education leaders to reach their goals. In order to inform prospective students or concerned alumni, they have a website titled "What Will They Learn?" The website discusses what the institutions hit on academically, how they will prepare students to become educated citizens and how

they are ranking amongst other institutions.

The "A" grade was awarded to CNU for addressing all seven of the major subjects: composition, literature, foreign language, U.S. government or history, economics, mathematics and natural science. All of the major subjects require specific qualifications to be accounted for as that subject. For example, composition classes must hit on the mechanics, style, grammar, argument, rhetoric, research, expository writing, understanding of tone and audience, editing and a comprehension of academic writing. A composition class cannot be fulfilled by any remedial courses, writing-intensive courses, creative writing and oral communication courses. The liberal arts program at CNU requires a certain amount of credit hours to be fulfilled in each subject that will total out to be no less than 40 credit hours to complete the liberal arts program before a student moves on to their selected major. President Paul Tribble was honored by such a high grade from ACTA. He said, "Christopher Newport celebrates the values inherent in the liberal arts and sciences. ■



The Great Lawn and Christopher Newport Hall at Christopher Newport University. PHOTO BY TARYN HANNAM-ZATZ / CAPTAIN'S LOG

Fall career fair prepares Captains for their futures after college

Many students attended the career fair hosting 52 different organizations

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This past Wednesday, the Fall Career Fair took place from 12-3 p.m. in the ballroom of the David Student Union. Students of all years attended to learn about internships and jobs and to network with professionals.

This year, 52 different organizations were registered to attend the fair including the CIA, the Peace Corps, CoStar and many more. There are many different reasons why students attend the fair.

"People get jobs by talking to people. This is the number one job search strategy. Christopher Newport students get jobs and internships by talking to people. It works, I'm telling you," Director of the Career Center Libby Westley said.

The Career Center has thoughts on why students should attend the fair. It is good practice, and practice talking to people is always a good thing. This doesn't mean that only seniors should attend the fair because they are graduating, but it is beneficial for all students no matter what year they are.

"We want students to practice talking to people from their first semester on campus. Career fairs are a great way to practice talking to people as there are many organizations on campus at once, and they all are specifically interested in Christopher Newport students. This is why we say every student, every class year, every major should come to every fair for 30 minutes and in that 30 minutes talk to 5 organizations," Westley said.

Many students get nervous because it can be intimidating to walk into a room filled with recruiters. It is hard to know what to say and how to say it. Not to mention how hard it is to just walk up to someone and start talking about yourself.

"Students should emphasize their academic background beyond just saying what year they are, where they are from and what they majored in," Westley continued. "Students should identify things that make them distinctive and identify ways that these make them relatable to the person with whom they are speaking."

If you start attending your freshman year, then you will be able to practice and know what to say to these recruiters. It will benefit you in the long run because you can make the most out of your time at the fair.

Even if you only have 10 minutes, you could talk to at least two organizations and practice.

"I always recommend that stu-



Students at the career fair meet with recruiters from many companies. PHOTOS COURTESY OF CHRISTOPHER NEWPORT UNIVERSITY

dents should speak specifically about a class, a specific paper or project and provide some details about the project and why it was meaningful to them," Westley said.

Aside from the career fair, the Center for Career Planning has many other resources that are open to students to help them plan for the

future.

"One on one appointments are the best way for students to identify and set career goals, and we recommend students have at least one of those every academic year. Students can set up an appointment through their Handshake account," Westley said.

Not only do they help with finding internships, jobs and reviewing resumes, they will also help you find graduate schools and different graduate programs.

"In October, we have a lot of graduate school programming," Westley explained, "including the October 2 graduate school fair, sessions on

how to write personal statements for graduate school admissions and how to make the most of a grad school campus visit."

The Center for Career Planning puts on great events like the career fair, but they are always there to help with anything career related a student may need. ■

Joe Biden for President?

With the democratic debates well underway, one student writer shares her thoughts on who she is endorsing this year

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On Thursday Sept. 12th, ten democratic candidates gathered in Houston, Texas for the third democratic debate. While there were opposing views on stage, there is common ground in that their goal is to defeat President Trump in the 2020 election. Although each candidate has an equal opportunity to share their opinions and make arguments, there is one who has continued to come out on top after each debate, VP Joe Biden.

Polls conducted by Morning Consult show Biden is the clear winner with 33% of registered voters having Biden as their top choice. The New York Times also reported that Biden has a national polling average of 27%, compared to that of Elizabeth Warren with only 18% and Bernie Sanders with 16%.

So why is Biden pulling ahead?
Biden's policies are appealing to a

majority of Democrats, and as one of the more moderate candidates, his policies have a better chance of being accepted. With Trump currently in office facing criticism for his many controversial plans, the Democrats need a candidate who can "reverse" what Trump has done. However, while we are desperate for legislative change, I believe there is some fear in electing someone whose ideas are too far to the left, for example, Vermont Senator, Bernie Sanders.

Sanders is known for being the most radical of the ten remaining, and while his idea of free college is appealing to many, the severe increase in taxes is not. Historically, the majority of voters tend to support the moderate candidates of either party.

Massachusetts Senator Elizabeth Warren is another appealing candidate, but her rhetoric has been described as too extreme and may be the reason her approval ratings are low. One of her main plans as presi-

dent is to end Washington corruption. Warren has placed a lot of blame on Trump's administration as well as the government as a whole. On the debate stage, Warren claims there is too much focus on money to focus on climate change and blames the government's corruption. I believe there are greater issues to be resolved, for example, gun control.

Let's take a look at a few of Biden's policies.

Biden opposes Medicare for All and plans to build upon pre-existing Obamacare (Affordable Care Act). His plans include expanding Medicaid protection, protecting patients with preexisting conditions and building a government run public healthcare coverage option. Improving the already existing system will ensure the quickest solution for those so desperate for coverage.

Currently there are 27.5 million Americans with no healthcare coverage, so obviously we need a solution, but Sanders and Warrens' Medicare

for All is not the solution. Not only does it have a potential cost of \$30 trillion according to Politico, it removes the option for private insurance companies. Forcing people to buy into government-run healthcare is not appealing to all, especially to those who are happy with their insurance company, and I can tell you, those same people will not be happy to see an increase in their taxes. This new version of Obamacare will cover those who need to be covered but will include an option to keep their healthcare provider.

In terms of gun control, Biden supports a voluntary buyback program, is in favor of universal background checks and plans to ban assault weapons. Gun violence is perhaps one of the biggest issues at the time, and currently our government lacks the legislation to restrict accessibility of assault rifles and other weapons. When it comes to climate change, Biden plans to reduce carbon emissions by implementing a carbon tax

on businesses. Additionally, Biden supports ending offshore drilling and ending new oil and gas leases on federal land, as well as supporting the advancement of nuclear technology. Although the goal of net-zero emissions cannot be achieved just through legislature, these are steps in the right direction.

While some may argue Biden's age (76) is concerning, let's look at his competitors. Bernie Sanders is 78 and Elizabeth Warren is 70. While age is an important factor and justifiable concern, the policies and agendas of candidates are of ultimate importance.

Overall, I find Biden's policies the most promising due to the fact they are reasonably attainable and moderate enough to be supported by the majority. Voters nowadays need someone they can trust has good intentions and a clear path to make things happen.

But if you don't agree with me, make your voice heard and vote. ■

You've got mail

A day in the life of a student mailroom worker

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I am a student employee in CNU's mailroom.

When people hear this, I usually get exasperated groans and one of three questions asked:

"Can you pick up my package for me?"

"Why has my package not gotten here yet?"

"Why do I always get the email right at five each day?"

As this is my third year working here, let me tell you, these questions get old quick.

There are a lot of misconceptions with working in the mailroom. Some people believe that we do nothing all day and just do our homework. Some people believe that we are too slow. Some people even believe that we are deliberately keeping their packages from them.

But that is just not correct.

While we are able to do homework once everything is done for the day, most of the time we are actively working. Not only that, but we are working as fast as we can. We get up to a few thousand packages a day, and that is just a normal day. In the beginning book rush, days after the holidays and after weekends, we get exponentially more than that. So, while one package is easy to do, it gets hard when it is multiplied to the

volume we actually receive.

In addition, it takes a lot longer than people think to get a package from the delivery truck to your hands.

Once we first get the familiar call of "the mail is here," we immediately have to go down to the back of the DSU and unload it into massive bins. Once it is upstairs, we take every box out individually, and we write the person's name and box number on each package according to the label. This is the main reason it is so crucial to have your correct name when you order. If your name is incomplete or is any different than your student ID, we need some sort of tracking confirmation. We are a small school, but so many people have similar names, especially when nicknames are used. Also, including your box number greatly streamlines the process because we can easily take it to the right window and do not have to sift through every possible combination of your name to find you.

After being "numbered," the packages get loaded into carts and boxes to be taken to students at the front windows. These students have to log into the system each package by where its from, what type of package it is, whose it is and any special characteristic it has. These special characteristics range from too small for the shelves, too big for the shelves, perishable and name issues.

Each have a different place in the mailroom and requires the student to make special notes for the shelves.

Once we have finished a few crates or a cart, we then print labels and shelve the packages. Unfortunately, since there are so many different characteristics and a lot of students on campus, the mailroom is often a maze of shelves with packages everywhere. With this, it is easy for some packages to get placed in a spot where it should not be, especially when we are doing so many other things at once. While this can be frustrating, it is easily fixed when we do our "combing" and check every package on the shelf.

With everything away, we can send the infamous emails that notify you of your package, but it has to be in batches and we have to take a few minutes between each to let our computers process it all. If we don't, the system likes to crash and either sends duplicate emails or none at all. This glitchy system is why people get emails so late in the day. Unless it is book rush, we usually do not send emails anywhere close to 5 p.m. I once somehow got an email at 3 a.m. the next day.

In addition, while all of this is happening, we are also intermittently logging out the packages to you and the rest of campus. We have to ask for so many box numbers and to see so many IDs that I start losing my mind.

I can't fathom how many times I have asked someone for their box number while holding their package or asked them for their ID while already holding it.

With so much going on, it is easy to get overwhelmed and go a little crazy, especially since we are also students who have messed up sleep schedules, crazy amounts of homework and other organizations.

Not to mention, this does not include any of our other work with doing inventory, cleaning, the actual letter mail, the boxes, any questions, any administrative tasks or mailbox keys. Speaking of keys, if you are a freshman who has not picked up your key, it is still waiting for you on our shelf, and it wants to go home.

While it is a lot of work to be a student in the mailroom, it also has a lot of benefits. On the logistical side, our work is right on campus, we have a set schedule and we never work weekends or past 5 p.m. But on a deeper level, we also get along really well with each other and have an amazing boss. The person whose name is on each email, Shaaron

Wright-Russell, is one of my favorite people. She is super caring about everyone, really understanding and extremely humorous. Furthermore, she is honest and is never afraid to tell you as it is. Without her, the mailroom might literally be in shambles.

So, in conclusion, a lot goes on in the mailroom that is not seen, and we are often overlooked. My coworkers and I do a lot, and I think the negative stigma of the mailroom is not fair to us. I'm not asking for you to love to come to the mailroom or to give us any special acknowledgements, but I am asking that people are more respectful and appreciative of us and what we do. While we are often what is standing between you and your package, just think, without us, what would you do? How would you get your packages? How would you get your mail?

Keep these questions in your mind the next time you go to the mailroom, and don't be afraid to strike up a conversation with us. I promise that none of us will bite, and we love talking to our fellow students as much as you do. ■

Write for the Opinions section!
Contact me:
matthew.scherger.16@cnu.edu

Defending Mr. Trimbleton

Respectful debate meets Facebook comment section, and unsurprisingly, it goes about as well as you would expect

MICHAEL INNACELLI

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Here we go again... This is why it is so scary talking about your opinions today.

Last week in our paper we posted an article called "Constitutional shortcomings at CNU," and it was a bit of a sensitive topic. If you haven't read it, you should go on our website, thecaptainslog.org, and read the article as it had some interesting points.

The purpose of that article was to start a conversation. In no way was our staff writer Mark Trimbleton trying to be the only one to have a voice in that conversation.

I would also like to point out that Mark Trimbleton is a pseudonym as this person felt it was better for them not to have their name associated with the article.

That is a whole different topic to discuss, however, and we will not be getting into the issues of free speech on campus and the consequences that sometimes follow when expressing yourself.

Now in some regards, a conversation was started in the comments section of our Facebook page. Several people added their own thoughts and opinions to the comments of the article on our Facebook page, and this is a good thing as they thought about the article and started talking about it respectfully.

Unfortunately, one person read the article, didn't think about it at all, missed most of the point of the article and decided to post something as a comment that was not constructive.

This happens from time to time and we tend to just ignore these people, but what they did next was just sad and unfair to our writers and our organization.

This person, who will remain anonymous (even though you can still find their comment on our Face-

book page if you really want to), posted a sad and inaccurate remark in the CNU Parents Facebook group. You can see the terribly taken screenshot of the message before it was deleted from the group here with this article.

Messages like these make it really tough to have an opinionated discussion in today's society. Their comment on our page didn't harm anything, but didn't further the discussion. Really, that's ok and isn't too bad for respectful, opinionated discussions. The message in the parents group, however, is damaging to themselves, us, the discussion and the wider CNU population.

Saying things like "My first thought, ENTITLEMENT much? Spoiled? Some of the students today have no clue" and "Good luck when reality sets in" with a condescending emoji is just hurtful to the writer. We are students who are allowed to have opinions and we should be applauded for having the courage to share them.

When we receive these types of messages, it damages our will to stand up for what we believe in and start conversations about controversial topics.

As college students, we are expected to be adults, and so we act like adults with our opinions. Comments that are degrading like this one make us feel inferior which is not fair to us.

I respect Trimbleton for writing this article as it's tough to state, "The reason I bring this up is because I deeply question if this university, Christopher Newport, a state funded school, upholds this separation, and I'm not alone," in such a manor to the public. I think that they should be proud of being this brave, whether I agree with the opinion or not.

I also respect the other people who properly debated his article in the comments section of our Facebook page. The unnamed person I've mentioned before has made this

topic even harder for us to now have an open conversation about Separation of Church and State.

The worst part about the comment made in the Parents group on Facebook is that it isn't even correct. Saying Trimbleton is "ENTITLED" for thinking that Christopher Newport isn't doing a great job separating Church and State is just wrong.

Entitlement can be defined as "the belief that one is inherently deserving of privileges or special treatment." I'm not sure what the author of the comment in the Parents group thought was entitled about wanting the University that Trimbleton attends (CNU) to follow the Constitution.

To me it isn't entitlement if something is a protected right by the United States Constitution and Bill of Rights.

Moving on from the entitlement error, I would like to point out one more section of the comment made and analyze it. The commenter said

"whatever handholding they've received thus far, I can only shake my head." In this statement the commenter is suggesting that the parents or someone in Trimbleton's life is babying them and making them too weak to survive in the "real world." I would argue the exact opposite however.

Trimbleton is very brave to use the examples they chose in their article. They were willing to call out ideals supported by many facets of Christopher Newport University even though that could have negative consequences for themselves and the paper.

If that kind of bravery isn't enough to make it in the "real world," then I'm not sure what is and maybe no one is ready for "today's world."

The last thing I'd like to say is directed towards the person who wrote the comments. I hope you read this and understand I am not upset with you, or what you said.

Unfortunately what you said was hurtful to the free speech of our students, making it even more intimidating to write about what we believe, but I know you probably meant no harm.

This is something that we need to avoid in the future. We need to encourage people to speak about what they have opinions about. Comments like these discourage discourse and bring everyone down.

Next time please think about the implications of the things you comment online.

If you or anyone else wants to talk about this further, feel free to email me. I will be happy to discuss in more detail or clarify anything you would like me to.

However, I will only respond to respectful messages as in the past I have received hate for protecting someone's right to write what they believe.

Be respectful and let's have an open debate. ■

► CNU Parents ...

I've been reading through some articles from The Captian's Log. My first thought, ENTITLEMENT much? Spoiled? Some of the students today have no clue. How are they going to make it in the real world with these types of unrealistic expectations? I'm not going to pinpoint any specific writer. Whatever handholding they've received thus far, I can only shake my head. Good luck once reality sets in. 🙄

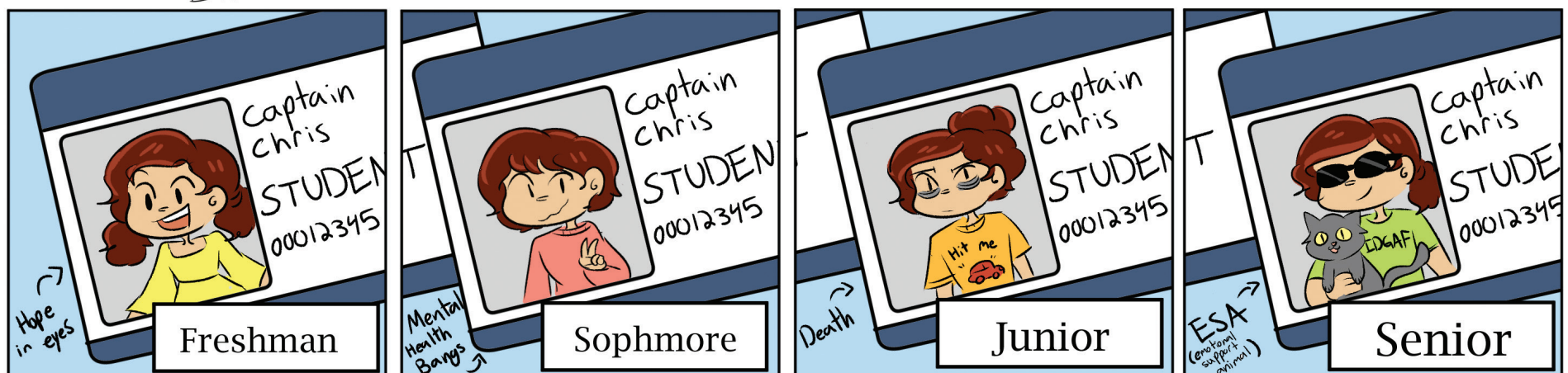
The Facebook post referenced in "Defending Mr. Trimbleton." PHOTO PROVIDED BY A CNU PARENT



The Evolution of Your ID Cards

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Fall Farmers Market

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Hosted on the York River Hall strip, the weekly Farmers Market makes another appearance at CNU. Vendors and delicious food trucks are set up to give the students a nice study break every Thursday. Walking through this market is so peaceful, especially listening to the live music in the background while shopping.

The vendors consist of anything from handmade jewelry, dorm decor and plants to tasty treats, ice cream and savory food.

Many students have been mentioning the pizza tent at the Farmers Market, so I had to try it. It is brick oven pizza from the Veteran owned and operated Rocking Pizza Mobile Wood-Fired Pizza. Skipp and Lisa Cook have been selling their pizza at CNU's

Farmers Market for three years now. They are a "strictly mobile" business that will appear at "markets, parties, reunions, weddings...and more!" Lisa Cook describes how they began their business: "We both retired, and then decided we wanted to start our own small business that allowed us freedom to do whatever we wanted to do whenever we wanted to do it." As Skipp Cook was putting my pizza in the brick oven, he explained how the cheese is not just any ordinary cheese, "It's not just some cheese that you get at the supermarket."

"We use mozzarella that is from Italy and is made from buffalo milk. The cream is smoother and sweeter than cow's milk and we can tell the difference because of the melt. When you go to a regular pizza place the melted cheese is kind of lumpy and can be oily."

"When we give you this pizza you'll see it doesn't have any oil on it and that's because the cheese is about the best you can get. It's very expensive and the most expensive ingredient we buy."

He was right: this pizza was absolutely delicious.

I could tell how much thought was put into each individual pizza after the first bite. One personal pizza was just the right amount to share with a friend.

Another vendor that seemed to be one of the hotspots of the market was handmade home decor and jewelry by Renee Beamer. "I do home fragrance and a lot of wall decor," says Beamer, "showcasing some macrame here for the students, and we're doing a 'Make and Take' project, something special I do just for the student market." The 'Make and Take' project is to create your own wall

decor with some natural elements. With driftwood as the base, you can either have five strands of natural elements on a small branch or a large branch with nine strands. "What's really cool about all these options is that you really can't go wrong in your design." Beamer is very relatable to the students because she has come up with something for students to be able to look into their creative side, and it's "just a nice mental break from the stress of the day." Renee Beamer is also a writer and has a book and journal that is available on Amazon called "You are More Than You Know."

So check it out online or visit her at the next Farmers Market because she brings copies with her.

CNU Freshman Lex McGrail says, "Since I live in York West, it's great to step outside to a farmers market right outside my door. The pizza

was really good too!" Other vendors you'll see at the market include Hears the Scoop Premium Hand Dipped Ice Cream, Blind Babe Bakery, Caribbean Island Snack, as well as students and locals selling handmade scrunchies, jewelry, plants, art and more.

CNU's Farmers Market Thursdays are not something to miss out on.

Clear your mind from class work for a little and explore the wonderful vendors that are there just for you. ■

There are two more Farmers Markets this season: Oct. 10 and Oct. 17



(Above) Carraba's Linguine Positano is a classic pasta dish that is sprinkled with tomatoes, chopped garlic and, of course, cheese. (Below) Some Thins' homemade gourmet potato chips hang from the stand. **PHOTOS BY TAYLOR VIGIL / THE CAPTAIN'S LOG**



(Above left) Rocking RC Pizza brings their mobile wood fired pizza oven to the CNU Farmers Market. (Above right) A vendor showcases her wall decor for students at the Farmers Market. **PHOTOS BY CAITLIN DOYLE**



Students gather around the different vendors to see what they have to offer. (Below right) Of the Earth Body Care creates handmade soaps and other bath products, including dog soap for dogs. **PHOTOS BY TAYLOR VIGIL / THE CAPTAIN'S LOG**



farmers Market every week. (Above right) Renee Beamer
PHOTOS BY TAYLOR VIGIL / THE CAPTAIN'S LOG



| UPCOMING HOME GAMES | | UPCOMING AWAY GAMES | |
|------------------------------|-------------------------------|------------------------------|----------------------------|
| Wednesday, Oct. 2, 6:00 p.m. | Saturday, Oct. 5, 2:00 p.m. | Wednesday, Oct. 2, 7:00 p.m. | Friday, Oct. 4 |
| Women's Soccer vs. | Volleyball vs. | Volleyball vs. | Men's Tennis ITA Southeast |
| Southern Virginia University | University of Mary Washington | Southern Virginia University | Regional Championships |

WOMEN'S SOCCER

STORY CONTINUED FROM COVER

From the top of the 18, Englert would make no mistakes and equalize less than three minutes after the initial goal from Cook. The Captains looked to regain the lead after giving up the goal, but their progress would be halted with a water break in the first half due to the high heat levels on field.

After coming back out onto the field, the Captains had a plan and looked to quickly tack another goal on the board. Play got started as the ball was passed around to the right side of the defense before making its way to #1 Max Borris on the wing. Using her speed and agility, she bolted down the wing to send in a cross. The cross found the head of #23 Moriah Morton of the Spartans, who unknowingly flicked on a

pass to Cook. Cook fired a one-time header into the right side netting of the goal to beat McCarty for the second time that day.

Both sides continued to try and best each other offensively, but the defenses found their rhythm and would not give up another goal throughout the remaining 25 minutes of the half. Sitting on two goals already, Cook was looking to complete the hat trick on the historic night. Cook had an opportunity to pick up an assist when she sent in a corner kick. McCarty was able to handle a pair of shots coming from #5 Keiley McCarthy and Talotta, making two saves.

There was another chance to double the lead when Talotta picked up the ball for a throw in. Her throw found Cook who turned on a dime, catching everyone off guard, before letting her shot fly and sail into the side netting to complete her hat trick. The pressure was unrelenting from the Captains, still not satisfied with

a two goal lead, who ripped four more shots but only one save would be forced out of McCarty.

York (Pa.) with possession, found an opportunity for a counterattack and would not waste it. Fueled by smart and accurate passes, the Spartans found their way into Eiser's front yard, but before a shot could come her way, Borris nudged the ball out of play for a corner kick. The corner found Englert who tried to add to her total but was turned away by Eiser for her first and only save of the game nearly 60 minutes into the match.

The ball pinballed around the middle of the field before #35 Lulu Manley played a nice ball across the field to #3 Carson Pokorny, situated on the sideline. Pokorny would try to take advantage of her high offensive awareness and register assist number 30 for herself as she played a deep ball over the top, searching for Cook. The ball was played into space to al-

low Cook to run onto it but out came McCarty in an attempt to clear her lines. At the top of the box, Cook lifted the ball with a first time chip over McCarty to score her fourth goal of the game, and the ninth Captain's goal in a row scored by Cook. With a half an hour remaining, the Captains were still seeking out opportunities and another would arise as #11 Abby Harrigan recovered the ball after a defensive miscue by York and looked to score her first goal on the season and just second in her collegiate career.

However, it wouldn't be her day. She was able to beat McCarty but not the post as the ball ricocheted back into play. It fell perfectly to #22 Hailey Shaw who was in her own zip code and had no trouble with a half volley, for her first goal of the season. The Captains attack would continue to pepper McCarty, but she would refuse to

give up another goal on the night. And on the other side of the field, strong defense continued to be a theme featuring #2 Kyan Ho-Sang, #30 Hannah Karas and #33 Montana Coward, as the Spartans were unable to register a single shot after the 60 minute mark.

Christopher Newport opened Capital Athletic Conference play with a resounding victory as they get set for the next matchups where they will host Southern Virginia University on Oct. 2 and then the University of Mary Washington on Oct. 5.

In addition, Cook secured her place in the record books on a night highlighted by her four goals which gave her sole possession of the records for all time leading scorer and points getter, breaking the records previously held by Emma O'Reilly (2010-13, 47) and Victoria Perry (2013-16, 109) respectively. ■

Want to write for the Sports Section?
Contact me:
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Who can stop the Patriots?

With one of the easiest schedules in the NFL, a 16-0 season is definitely possible

| REGULAR SEASON | | | |
|-------------------------|--|--|-----------|
| DATE | OPPONENT | | TIME (ET) |
| SUN, SEPTEMBER 8 |  PITTSBURGH | | 8:20 PM |
| SUN, SEPTEMBER 15 |  AT MIAMI | | 1:00 PM |
| SUN, SEPTEMBER 22 |  NEW YORK JETS | | 1:00 PM |
| SUN, SEPTEMBER 29 |  AT BUFFALO | | 1:00 PM |
| SUN, OCTOBER 6 |  AT WASHINGTON | | 1:00 PM |
| THU, OCTOBER 10 |  NEW YORK GIANTS | | 8:20 PM |
| MON, OCTOBER 21 |  AT NEW YORK JETS | | 8:15 PM |
| SUN, OCTOBER 27 |  CLEVELAND | | 4:25 PM |
| SUN, NOVEMBER 3 |  AT BALTIMORE | | 8:20 PM |
| SUN, NOVEMBER 10 | BYE WEEK | | |
| SUN, NOVEMBER 17 |  AT PHILADELPHIA | | 4:25 PM |
| SUN, NOVEMBER 24 |  DALLAS | | 4:25 PM |
| SUN, DECEMBER 1 |  AT HOUSTON | | 8:20 PM |
| SUN, DECEMBER 8 |  KANSAS CITY | | 4:25 PM |
| SUN, DECEMBER 15 |  AT CINCINNATI | | 1:00 PM |
| SAT/SUN, DECEMBER 21/22 |  BUFFALO | | TBD |
| SUN, DECEMBER 29 |  MIAMI | | 1:00 PM |

The New England Patriots regular season schedule. OBTAINED FROM PATRIOTS.COM AND NFL.COM

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The Patriots have always gotten off easy when it comes to regular season games. Every year they are lucky enough to play the Jets, Bills and Dolphins TWICE. All three teams have been bad for as long as the Patriots have been good. The Dolphins have had one season above .500 in the last decade. The Jets haven't won the division since 2002. Things have fared even worse for the Bills, who haven't won the division since 1995, which was all the way back when the Macarena was popular.

The closest thing the Pats have to a threat in the AFC East is the Bills. The Bills offense is a mixed bag this year and had trouble against the Patriots defense, which is arguably the best in the league. Players like Bills tight end Dawson Knox had their time to shine against the 27th ranked Bangles defense in week three but struggled against Pats defenders like Devin McCourty and Dont'a Hightower. I'll give credit where credit is due, the Bills were able to hold the explosive Pats offense to just 16 points, which is about half of what they would normally score, but in the end it wasn't enough to beat them.

But this year is even better for Pats fans. As of week 4 they only

play two more teams with a current winning record. They play all the teams in the AFC North, who as of now have a combined 4-10 record this season. Things won't get that much harder when they face off against the NFC East. They play the 3-1 Cowboys in late November, and the Eagles now are a completely different team than the one that beat the Pats in the

"The Patriots offense this year is exactly how you would expect it. Tom Brady already has over 1,000 passing yards and seven touchdown passes."

Superbowl two years ago. Without Eli Manning's unique ability to ruin the Patriots' season, the Giants will likely struggle and the Redskins are well... The Redskins. In fact, the Patriots won't play a team with a winning record until Nov. 24.

The Patriots offense this year is exactly how you would expect it. Tom Brady already has over 1,000 passing yards and seven

touchdown passes. With weapons such as Julian Edelman and Josh Gordon receiving, that number is going to keep rising quickly.

New England's defense also deserves some time in the spotlight. They have scored more touchdowns than the Miami Dolphins and show no signs of stopping. The strength of the Patriots defense this year can be attributed to head coach Bill Belichick's micromanagement.

When defensive coordinator Brian Flores left after the 2018 season, Belichick put much more direct effort in. The Pats defense has given up just one touchdown all season. They shut out the Dolphins and held the Steelers to just three points. The Pats defense have a strong secondary and great cornerbacks.

But if you're not a Pats fan, don't worry, there is still hope. In week 14, the Kansas City Chiefs will face off against them. Patrick Mahomes and the Chiefs offense have been phenomenal so far this year. If their defense can improve they could stop the Patriots in their tracks later this season, but until then, the Pats shouldn't have any issues winning games.

After watching the Patriots dominate the NFL for the last 20 years, it's hard to believe that they could get any better. If you're in doubt just tune into the game on Sunday and see for yourself. ■

#7 JUSTIN WILSON

SHOTS: 9

ON TARGET: 5

GOALS: 2

MINUTES
PLAYED: 44

#7 Justin Wilson jumps in the air in celebration. After his two goal performance against York (Pa.) his stat line improved to three goals on the season with one assist to his name. PHOTO COURTESY OF CNUOCPR - STATISTICS FROM CHRISTOPHER NEWPORT ATHLETICS - GRAPHIC BY MICHAEL INNACELLI / THE CAPTAIN'S LOG

#7 Justin Wilson scores 2, leads Captains to win Captains break four game overtime streak with victory over Spartans

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Conference play has finally arrived for the Men's Soccer team, and they quickly discontinued their streak of 110 minute games. Prior to this match, it had been three weeks since a game had been decided by the end of regulation.

Despite a shorter game than fans have become used to attending at Captains Field, the Men's team still gave them plenty to cheer about throughout the game.

Against their first conference opponent, the York (Pa.) Spartans, the offense had something to prove, and it did not take them long to start adding names to the scoresheet.

Just under three minutes into the conference, goalie #27 Justin Piercy launched a deep ball from his box all the way to the opposing 18. #7 Justin Wilson was not going to let such a beautiful kick go to waste, beating the defense to the ball and cheekily chipping the goalie for the first goal of the game.

The assist would mark the first point picked up by Piercy in his collegiate career.

Wilson wasn't done for the night, however. About twenty minutes into the half Wilson and #29 Will Collins made the Spartan defense look silly off of a header won by Collins in their attacking third. Wilson's quick one-touch pass to Collins allowed him to take the ball wide and cross it back in to Wilson, who easily slid into the ball, sending it bottom left corner.

Wilson's goals would triple his goal total for the season and move him up to the second-highest point total for the team this season with seven points.

As impactful as Wilson was, he was not the only player testing the York (Pa.) defense. The Captains shot a total of 20 times, with 11 shots on target (five of them from Wilson himself).

Late into the second half a second Captain would be able to add a score of his own: #25 Lincoln Kickbush. Kickbush was the beneficiary of a great run by #9 Colin McMunn, who slipped by his defender to send a pass towards #11 Gabe Splett. Splett was able to find a wide open Kickbush in the middle, who neatly shot between two defenders and the

goalie to earn his third goal of the season.

Three goals would prove too much for the York (Pa.) team to overcome, and the final twenty minutes of the game were a mere formality with the Captain's controlling possession of the ball and never letting through any real opportunities past the midfield.

Although the offensive play was dominant, the defense did their fair share contributing to the 3-0 shut-out. Piercy was more than capable of handling York's eight shots on target. The defense kept the Spartan offense to just ten shots total and only four corners.

Although not many defender's names were called during the match, they quietly earned themselves their third shut out of the season. Starting defenders #18 Davis Pillow, #23 Jacob Dudley, #31

Derek Cook and #33 Daniel Hulett all played the majority of the match with just a few substitutions, and Cook and Hulett played the whole 90 minutes themselves.

Piercy picked up his second clean sheet in the last three games and has allowed just seven goals facing 46 shots this entire season for a save percentage of 84.8 percent.

The York (Pa.) offense, in contrast, looked disorganized at times, racking up six offsides calls in the match and unable to seriously test the limits of Piercy. These offsides killed York's momentum on key throughballs and dangerous counter-attack attempts.

Goalkeeper for the Spartans, #1 Billy Bridegum, was under fire all night long, and despite five good saves, he was no match for the intensity that Wilson and the rest of the Captain offense brought.

For the Captains, this marks their first game in four matches where they did not have to play through double overtime. They have already tied opponents more this season than their last two seasons combined, and they have played the most double overtime games since their 2015 season.

This is also their first win since their Sept. 7 match against Gettysburg College, improving their record to 4-1-3 on the year and 1-0 in conference play. They currently sit third in the Capital Athletic Conference, behind Mary Washington and Salisbury. They will look to quickly rack up conference wins as two of their next three opponents also lost their first conference game this weekend.

The Captain's next home games will be against Mary Washington on Oct. 5 and St. Mary's College (Md.) on Oct. 9. ■

For more information on all Captains sports
action, visit CNUSports.com

October 5th
Richmond Ballet
"Carmina Burana"

October 4th-6th
"An Experiment with an Air Pump"
Peebles Theater

Ongoing
"Inside the Lines"
Ferguson Hall Gallery

October 5th
"Joker" R
"Abominable" PG

"To Be Free: Women of the Afrofuture" is a captivating exhibit

Kenlontae' Turner's exhibit showcases the artistic essence in black womanhood

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"... to further illuminate the power, intellect, spirituality, creativity and magic embedded within black womanhood." This is the goal of the Falk Gallery's latest exhibit. "To Be Free: Women of the Afrofuture" is an exhibit featuring the artwork of Art-CNU alumnus Kenlontae' Turner. It consists of a series of portraits, done in charcoal and pastels, but brought to life with embellishments. Some feature bold, bright explosions of colored tissue paper, while others feature

more subtle additions of glimmering gold, copper or silver leaf.

There is one portrait, however, which is only charcoal and pastel. Titled "She Doesn't Come in Peace," the woman pictured stares directly at the viewer, her gaze intense and inscrutable. Her eyes seem to follow the viewer across the room with a powerful gaze that is never changing. The woman wears traditional neck rings that were used in some African cultures to create the illusion of a longer neck. Like several of the other portraits, her pitch-black hair is adorned with stars and constellations. The main constellation depicted is the zodiac constellation of Leo, typically associated with strength, pride and royalty and one of the three fire signs in the zodiac.

Her portrait is placed slightly overlapping with another, called "The High Priestess." The woman pictured here glares out at the viewer with her fierce, almost accusatory stare seeming to bore right into the viewers very soul. Unlike the majority of her counterparts, there

are no delicate stars to brighten her hair or clothes, but rather she wears a dress of black, the color as solid and unwavering as her glare. Upon her head rests a headdress of sorts, a solid dome of silver leaf with bright blue spikes emerging from it. Like her, it is both beautiful and threatening, lovely and dangerous.

However, not all of the portraits are quite so aggressive. One portrait, entitled simply "Mama," depicts an older woman looking off into the distance. Emotion is etched into every

feels is clearly visible in her eyes.

Another one of the more joyful portraits is called "Nina's Smile." The woman depicted grins widely towards the viewer, and the simple sweetness on her face is enough to make any observer grin right back. The focus of the painting is kept on that lovely smile, the only embellishments being stripes of silver leaf through her short hair.

While the actual sketching of the portraits is masterful, what really makes the exhibit so striking is the

tissue paper rolled into long, thin strands, which are then used to accent the portraits. One portrait has hair made entirely of these strands, weaved with different shades of blue and green overlapping and coming together in perfect harmony.

The three-dimensional feel is even enhanced by the way the artwork is displayed. Some portraits are placed overlapping with one another, rather than standing alone. The portraits are hung so that they are not directly against the wall. The lighting causes shadows to be cast on the wall behind the portraits, and the tissue paper causes these shadows to have fascinating shapes.

In addition to the portraits, there are several small squares with adinkra painted on them. The adinkra represents diverse symbolic attributes such as hope, leadership or bravery, and their placement near certain portraits, which offers additional meaning to them. It is easy to overlook the adinkra or think of them as just a nice design, but each one has a deep significance which greatly enhances one's understanding of the artwork.

This exhibit will be at the Falk Gallery in the Ferguson Center for the Arts until Oct. 25, and there will be an artist talk and reception on Oct. 26. I would highly recommend visiting this wonderful exhibit to everyone, even those who don't necessarily enjoy art. Not only is the artwork beautiful, but the emotion poured into each piece can be felt. You don't need knowledge or art history to be struck the depths of feeling these pieces evoke. ■

"The woman in the portrait seems as though she is looking toward home, and the love and joy she feels is clearly visible in her eyes."

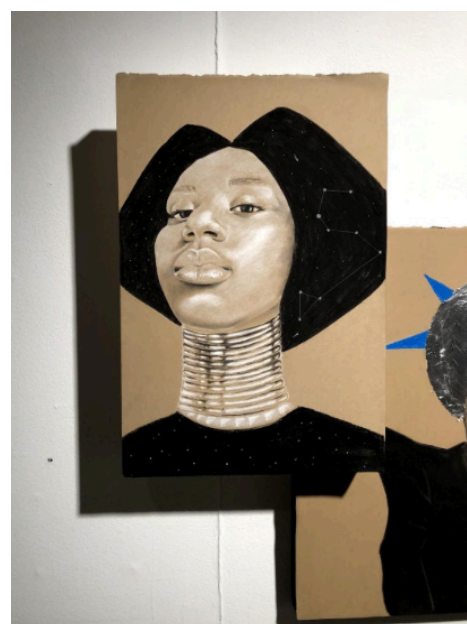
line of her face, a mix of hope, longing, happiness and love. Aside from the intricate details of her face, the rest of the portrait is made of entirely tissue paper. She wears a head scarf covering in various hues of red and a broad swath of bright red tissue paper that serves to cover her shoulders. Positioned directly above her portrait is one of several adinkra, which are symbols that represent thoughts or concepts. The one that rests above "Mama" is called "Odo Nnyew Fie Kwan," which means "love never loses its way home." It is meant to represent the power of love, and the choice to place it above this portrait is clearly deliberate. The woman in the portrait seems as though she is looking toward home, and the love and joy she

use of texture and color. The leaf at first glance might not appear to add a great deal of texture or dimension, but the longer one looks, the more the texture becomes apparent. The leaf is not completely flat, and if you look close enough, you can even see it fluttering due to the air conditioning. The bold, bright tissue paper leaps off the canvas, often quite literally. It is not pressed flat but rather allowed to burst forth, wild and untamed.

In some cases, the tissue paper has been rolled tightly into miniscule balls, and many of these paper balls placed very close together. This method gives the illusion of a solid object, when in reality there are many small pieces, which serves to add the textured look and feel. Others will have



(Above) "Mama" looks off in the distance, which symbolize the longing for home. (Below Left) "She Doesn't Come in Peace" and (Below Right) "The High Priestess" overlap one another. PHOTOS BY PERI COSTIC / THE CAPTAIN'S LOG



(Below) "Toni" presents the delicate consideration in blue hues for each twisted strand. PHOTOS BY PERI COSTIC / THE CAPTAIN'S LOG



The “Queens of Soul” have finally arrived to campus

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Several Fridays ago, on Sept. 20, CNU was able to allow students to buy discounted tickets of \$10 to a spectacular show called “Queens of Soul.” This was monumental because, first of all, we were able to pick seats that were normally hundreds of dollars and buy them at a reduced student price. Secondly, this is the type of music that I enjoy listening too considering it’s what I grew up with due to my aunt, who loves Motown. That night, I had the pleasure to go to the concert with a friend of mine that enjoys watching and listening to concerts. If I would recap the whole show in one word, the word would be “stupendous” (which means “extremely impressive”). The reason behind that was because there wasn’t any bad performances. The performances ranged from incredible and outstanding, all the way to just okay and good. If you can imagine being in the Diamondstein listening and watching the show, you would be able to feel the soul music throughout the concert hall.

Personally, this became a concert that I will never forget because, firstly, it was the first time I bought tickets to see something on my own, and, secondly, I haven’t experienced this good of a concert in this particular generation with this particular type

of music in quite a while. This concert celebrated some of the greatest musicians of all time that are passed on through the ones that are currently living. In music terms, it had songs spanning from the Motown era all the way through the present day soul-wise. Those songs were played by the Virginia Opera under their director Adam Turner, and they were sung by three vocalists which were Shayna Stelle, Brie Cassil and Kelly Levesque.

The show started off with a bang with Tina Turner’s hit “Proud Mary” that left the crowd dancing in their seats. It created an atmosphere of stellar performances that blew me away. One of those performances included one of the hardest songs to sing, just like what Simon Cowell said on American Idol when someone couldn’t master a piece. Because of that statement, every time I hear someone sing the song “At Last” by Etta James, the expectations are very high in my book. The vocalist Shayna blew away my expectations, which quickly became one of the greatest performances of the whole night early on in the show. Another song that is considered a song with high expectations was “Midnight Train of Georgia” by the legendary Gladys Knight and the Pips. If you can envision the song on stage, you would be able to feel it through the entire concert hall.

Out of the four outstanding performances, the one that blew me away

the most, in which I could feel the song, was by the legendary Marvin Gaye. That song was “I’ve Heard It Through the Grapevine,” one of the greatest hits from the Motown Era when it came out in the late 60’s. I still consider it being one of the most picked songs in today’s culture because every time I turn around, Motown is playing, or I hear it in a week’s theme on a reality show like “The Voice.” Some of the others were by two incredible artists. Those were “Rolling In The Deep” by Adele and both “Fallin” and “Girl on Fire” by Alecia Keys.

Going into the category of non-stellar performances, there was only a few of them luckily, with two being back-to-back of each other. Those performances were “I Got a New Attitude” by Pattie Labelle and “Don’t Leave Me This Way” by Thelma Houston. They were quickly forgotten when they returned with more outstanding performances from the modern era including one Motown classic right before intermission.

When we returned from intermission, the vocalists welcomed us back with another Tina Turner hit, which was “What Love Got to Do With It.” Even though the song didn’t bring in the same moving atmosphere as “Proud Mary,” it still started the show off right. They did end up placing an atmosphere moving type of a song right after the first one. That song

was “I Wanna Dance with Somebody” by the one and only Whitney Houston. Because of all of the upbeat songs, they needed to have some ballads included. Those ballads were “Will You Still Love Me Tomorrow” by The Shirelles and “You Know I’m No Good” by Amy Winehouse. If I would put them in a list comparing them to the songs they already did, they wouldn’t be at the top of the list because I didn’t know them as well as the others. Halfway through the second half of the show, someone moved the audience with a beautiful rendition of Adele’s “Hello.” In my listing, this would be closer to the top with some of the early performances.

All of the artists that they did before this moment in the show lead up to this particular artist. The world calls her the “Queen of Soul” due to her creativeness towards songs she’d covered (when someone sings somebody else’s songs) and wrote. That particular artist I’m talking about was the one and only Aretha Franklin.

If I could sum up why I like vocalist Aretha, it would be that in almost every song she’d covered, or wrote, whether if it was live or just a recording, you could feel every beat and lyric in the song itself. Songs like “Ain’t No Way” and “Think” is one of the favorites that didn’t make the cut to be in the show. But the ones that were in the show were outstand-

ing and also my favorites in Aretha’s catalog except for one song because I didn’t listen to it the same way as the others. The songs that they picked to help honor the late Aretha were “Respect” (which literally got everyone up onto their feet dancing and singing to the song), “I Never Love A Man The Way I Love You,” “Freeway of Love” and the one and only iconic “(You Make Me Feel Like A) Natural Woman.”

That last song “Natural Woman” is in my record book as one of the greatest she’d done and is also near the top along with “Respect” of my favorite songs sung by Mrs. Aretha. If this helps, picture being in the white house and the “Natural Woman” song started to play and Aretha is just steps away at the piano making the audience, as well as the President and First Lady, cry. That’s how powerful that song is and why that song will always be a favorite. This song also became the encores performance (the performers repeat a song that they previously did before at some point in the show) that left everyone dancing and grooving as they were walking out.

In conclusion, this night was proven to be a success in my book; the event left everyone who attended blessed and grateful for this amazing opportunity of listening to the great soul queens of their generation from Motown through the present day. ■

A sneak peak at TheaterCNU’s “An Experiment with an Air Pump”

Assistant Director, Trevor Boynton, uncovers CNU’s upcoming theatrical event

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Opening this weekend, TheaterCNU will present the highly anticipated play, “An Experiment with an Air Pump,” written by Shelagh Stephenson.

Set between two different time periods of 1799 and 1999, the play will follow two families that are compelled to gain scientific achievement but through an infamous journey. The story places the characters within the same house along both time periods in Newcastle, England.

The play was proposed by Professor Denise Gillman, who is the Director for the theatrical show. Professor Gillman has been teaching the play to her Science on the Stage classes for about 15 years, and now the play will finally have its time on the stage for the following two weekends.

Without giving too much away, Assistant Director of “An Experiment with an Air Pump” Trevor Boynton provides a glimpse for those unaware of the show’s inter-

how history shapes people and how it reflects.”

In response to the show’s transitions between 1799 and 1999, Boynton said, “We are looking at

“It compares people across two different time periods and how they behave and their similarities & differences-- so sort of how history shapes people and how it reflects.”

disciplinary and symbolic nature. Boynton said, “A lot of the play is just about comparing scientific ethics from one period to the next.”

In addition to that, the play revolves around the theme of humanity related to our timeline throughout history. Boynton continues that another theme in regards to the play is how “it compares people across two different time periods and how they behave and their similarities & differences — so sort of

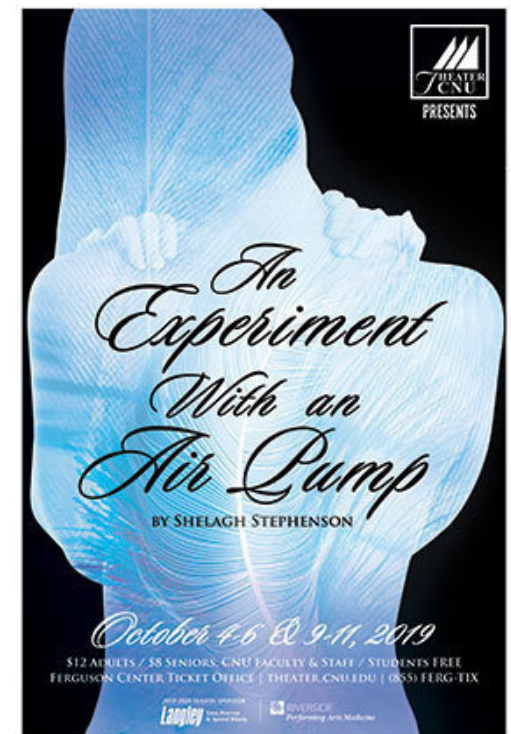
20 years in the past and 200 years in the past... While the topics that we were discussing have changed at least somewhat, all the issues that are discussed in the plays are still moral issues to some extent now, and people still have the same kind of opinions and views and reasons for their views... The basic moral discussion always stays the same.”

“An Experiment with an Air Pump” revolves around science, history, morality, English and al-

most everything in between that are definitely compelling to any sort of viewer with questions about life and the essence of our humanity.

If you haven’t retrieved your ticket to a seat already, you won’t want to miss the chance to encounter symbolic themes and scenes contained within the show. ■

PHOTO OBTAINED FROM CHRISTOPHER NEWPORT UNIVERSITY



Review: Mobjack Bay Coffee Roasters

Yorktown coffee house serves local blends with a taste of Virginia history

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Nestled in the heart of historic downtown Yorktown, just minutes from the waterfront and about a 30 minute drive from Christopher Newport, is Mobjack Bay Coffee Roasters, LLC.

It's the perfect place to enjoy a bold, locally roasted cup of joe alongside a taste of Virginia history.

The coffeehouse inhabits the historic Cole Digges house, the home of a Yorktown merchant who helped contribute to and witness the town's growth during the 1700s, according to historical markers outside the house for customers to read.

Now, in the middle of downtown Yorktown's historic streets, the old house's purpose is to keep that history alive for a new generation of coffee lovers.

My family lives in Yorktown and my sister decided to come with me on my trip down to the waterfront area so we could both get a taste of what Mobjack Bay had to offer.

We'd been there once or twice to get lemonade on one of our occasional summer trips to Yorktown Beach, but we'd never tried any of their coffee before (unlike our dad, a frequent flyer who has bags on bags of lots of their different blends

in our pantry at home).

My sister and I were extremely excited to take a look at their selection of coffees and teas and to see what all the fuss was about.

As soon as we opened the door, the beautiful smell of freshly roasted coffee drifted out to greet us.

On the first floor of the Cole Digges house is Mobjack Bay's coffee counter and their in-house roastery.

Customers can take a closer look at the company's very own blends that they roast themselves, such as the smooth Hazelnut Cream, the beloved Deadrise Blend and the dark Sumatra Mendheling.

All of these blends are available for customers to enjoy a steaming cup of in the shop.

On the other hand, if customers want to take these unique blends home with them after they leave, they are also available for purchase in K-Cup form as well as by the bag.

The menu also features artisan sandwich selections, wine and beer by the bottle, grain bowls with vegan and gluten free options, a wide selection of different teas and an assortment of baked goods that vary by day.

There's definitely something for everyone to enjoy, whether you're into artisan coffee or not.

We could see the roasting happening right in front of us as we

stepped into one of the downstairs rooms adjacent to the coffee counter room.

Right next to the big green roaster with coffee beans swirling around in it is the cream and sugar station, which boasts countless self-serve syrup selections.

Customers have the opportunity to make their cup of coffee their own.

My sister and I each got an iced coffee made with Mobjack Bay's Mobjack Java blend, a full-bodied dark roast with a naturally bitter aftertaste.

Neither of us are huge fans of drinking coffee black, so we were happy to find two different options for cream: classic half-and-half and oat milk, a popular new option that even most Starbucks don't have available yet.

I also opted for a swirl of vanilla syrup and a splash half-in-half in my cup, making for a subtly sweet, milky drink with the familiar strong tang of a dark roast (which you're probably familiar with if you're a coffee snob like me).

I could practically taste the care that went into the slow, intentional roasting of these coffee beans; the coffee itself tasted so smooth and pure.

It definitely wasn't Starbucks.

After doctoring up our drinks, my sister and I climbed up a set of



Each iced coffee came with paper straws, a biodegradable and plastic-free choice that benefits the environment. **ANNA DORL / THE CAPTAIN'S LOG**



The historic Cole Digges House, the new home of Mobjack Bay Coffee Roasters, is situated on Main Street in the middle of the Yorktown waterfront area. **ANNA DORL / THE CAPTAIN'S LOG**

winding wooden stairs that looked like they came straight out of Hogwarts and found ourselves on the second floor of the old house.

What used to be old bedrooms were now connected by open doorways, creating a sitting area with lots of options for customers.

Each room was full of different colonial memorabilia such as wooden chairs with embroidered cushions and old pewter tea kettles sitting on the windowsills.

Each of the white tables was lined with a gingham tablecloth and had a candle sitting on top.

Natural lighting from the rectangular wood-lined windows streamed into the upstairs area, contrasted by the dark wooden flooring, which is most likely original wood from the house's historic past.

The bright white walls opened up the whole space despite its low ceilings, giving the whole upstairs a cozy and welcoming feeling.

Every one of these seemingly small touches came together to give the seating area an incredibly genuine and realistic feel, making my sister and I believe that when we

climbed up those twisting stairs, we may as well have stepped into another era.

Outside the house, the backyard featured a collection of wooden picnic tables spaced out across the green lawn between a historic cemetery and Main Street, where Revolutionary War reenactors in costumes happened to be posing for film crews. It was just another day in historic Yorktown.

Mobjack Bay's location in the middle of downtown Yorktown creates the perfect immersive environment in which to drink a cup of fresh and local coffee.

I'll definitely be back to try another one of their original and unique blends.

Mobjack Bay Coffee Roasters is a business with heart and a historic hometown feel.

If you ever find yourself down by the Yorktown Waterfront, walk up to the old Cole Digges house and try it out for yourself.

If you're feeling particularly patriotic, enjoy a cup of coffee, not tea, even though they serve both - we wouldn't want to sympathize with the Redcoats. ■

“Beauty inspired by real life”

What makes Glossier such a popular brand within our generation?

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If you're a part of Generation Z (1995-2012 babies, I'm looking at you) and you have an account on any social media platform, you're probably familiar with the textbook look of a Glossier wearer. With just a little bit of makeup, girls and guys alike transform themselves into ethereal beings with shimmering, pastel-painted eyelids, brushed-up bushy brows and a sheen of slick clear gloss across their pouty lips. This is the unique look of an iconic skincare and makeup brand that has skyrocketed to the height of both fashion and internet search histories in recent years.

Glossier was launched in 2010 by Emily Weiss, a millennial blogger who built her company from the ground up while working a day job at Vogue. Her idea for a skincare brand grew out of her blog “Into the Gloss” and “Glossier” steadily gained popularity over the years until it eventually grew into what it is today - one of the market's most beloved beauty brands among our generation. When Glossier grew into a full-fledged company with products available for purchase, it started out as an online-only endeavor, eventually expanding to its first physical flagship store in the SoHo area of New York City in 2018 (Weiss's beautified, Boy Brow-

wearing blog readers spoke, and she listened). As its popularity grew, its consumers have clamored for its expansion into physical storefronts and more widespread availability. Later on came a storefront in Los Angeles and popup locations in various different major cities such as Boston and London as the brand continued to take off.

So what exactly makes Glossier one of the most popular millennial beauty companies to date? Its online-only presence from its very beginnings have made it continually accessible to all kinds of different consumers. Its availability and accessibility on the internet creates an equal playing field (at least for American shoppers - Glossier doesn't yet ship overseas). Its presence online has also given it a sort of cult following. Some of its most famous products such as the Balm Dotcom, a “universal skin salve” that comes in all kinds of different flavors in small squeezable tubes, have gained almost a cult following among beauty bloggers and basic recognition from the average Instagram user.

Glossier's status as a cruelty-free and vegan beauty brand is another reason why it has maintained its popularity. Eco-friendly, moral and sustainable choices have become important values to people our age; we take pride in knowing that we're buying products from a com-

pany that thinks the way we do and wants to leave a positive impact on the world.

Glossier also focuses on enhancing the natural beauty of its wearers; instead of selling full-coverage foundation and products designed to completely cover up facial flaws, the company instead focuses on enhancing natural beauty with light coverage makeup products, fun colors, subtle shimmer and no-frills skincare products. Glossier's website states their mission, the first sentence of which is taken straight from Weiss's blog post announcing the launch of her brand: “It's about fun and freedom and being OK with yourself today. We make intuitive, uncomplicated products designed to live with you.” Since day one, ad campaigns have featured models of different races, genders and sizes, exemplifying their commitment to portraying their brand as an all-inclusive one.

In so many ways, Glossier has created such a unique culture around their brand. The idea of getting back to basics while still being able to add a little colorful or shimmery fun to your everyday beauty routine has helped continue the brand's popularity among Gen Z's. The aura of inclusivity and individuality that it encapsulates continues to revolutionize the way that our generation thinks about both inner and outer beauty. ■



One of the walls in Glossier's NYC flagship store features a mirror so customers can see themselves alongside the pictures of brand's models. **ANNA DORL / THE CAPTAIN'S LOG**



Ashley McMillan smiles from across the table as she enjoys her poke bowl at Poke Surf. **ANNA DORL / THE CAPTAIN'S LOG**

Review: Poke Surf

New Hawaiian poke bowl restaurant lives up to the hype

ASHLEY MCMILLAN
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The Hiddenwood Shopping Center is only a walk away from CNU's campus, so when the restaurant Poke Surf came to town this month, I had to try it out.

Poke Surf serves poke bowls, traditional Hawaiian cuisine full of nourishing values and healthy ingredients. They also have vegan and vegetarian options if you so choose.

The food there ranges from \$2 to \$12, so for the financial status of a college student it's a perfectly good in-between choice for a meal (they even have a college student discount when you show your ID).

Now when I first went to this place, my friend Anna and I were shocked. Anna, another fellow Junior like myself, loves to try new cuisines and shops around the Newport News area. Though when we arrive, we usually aren't as excited as when we get to the new place. That wasn't the case for Poke Surf.

Anna and I walked up to the restaurant from the parking lot and were welcomed with colorful balloons and a creative sign celebrating their grand opening. The place radi-

ated a fun and carefree energy that encouraged us to walk in quicker.

As we walked inside Poke Surf, the interior was decorated like the beach. The restaurant's atmosphere was very much aligned with its Hawaiian-cultured background, but it had a modern twist. The small details of the collective interior decoration is what enlightened my mood the most. Beside the row of tables was a glowing, bubbly lava lamp that just screamed “beachy.” The lights were designed to look like seagulls flying in V shapes, but in a fresh and cute design, rather than in a tacky manner.

Anyways, don't get me started on the chairs. You know how there is always that silent argument of who gets the regular chair and who gets the plush booth chair? Well at Poke Surf, regardless of where you sit, you are comfortable while sitting in style. That sounds cliché, but it's true. There is one long yellow booth that runs along the side of the wall while bright turquoise chairs sit at the other end of each table.

Besides the interior design, the food was incredible too. Personally, I am a picky eater, so navigating what to combine with what was an

obstacle I was not ready for. Luckily, the staff at Poke Surf noticed my nervous indecisiveness and were very generous to help me figure out what would taste best for me with certain foods. In the end, I decided on a Poke bowl with sushi rice, and I combined it with many ingredients that surprised even me: chicken, cucumber, tomatoes, mango, peach and scallions. At the end of that, I decided to top it off with Yum Yum sauce and wonton crisps.

Altogether, the poke bowl was a delicious and hearty meal that ended my day in the best and healthiest way. The chicken and sushi rice were cooked just right, and all of the ripe fruits and vegetables were in their prime state. Because of Poke Surf, I have decided I now understand my sister's obsession with Yum Yum sauce and will join her in that obsession.

As I end this food review, I highly recommend trying out Poke Surf. The restaurant has a fun vibe with a delectable taste that's really in tune with its Hawaiian background. If you are a student and live in the Rappahannock building, you really don't have an excuse to not go and use your student discount. ■

Poke Surf

CREATE YOUR OWN BOWL

S \$8.99 (1 protein)

L \$10.99 (2 protein)

1 BASE

(Choose 1)

Poké Bowl

White Rice or
Brown Rice

Poké Salad

Spring Mix

2 PROTEIN

Extra Protein \$2

☐

Tuna *

☐

Salmon *

☐

Poké Tuna *

☐

Poké Salmon *

☐

Shrimp

☐

Tofu

☐

Crab

☐

Spicy Crab

☐

Chicken (Natural)

☐

Beef (Natural)

☐

Octopus

☐

Spicy Salmon *

3 MIX-INS

(Choose as many as you like)

☐

Edamame (Peas)

☐

Cucumber

☐

Pineapple

☐

Scallions

☐

Corn

☐

Seaweed Salad

☐

Carrot

☐

Tomato

☐

Ginger

☐

Orange

☐

Avocado (Guac \$2.00)

☐

Masago

☐

Oshinko

☐

Lettuce

☐

Jalapeno

☐

Peach

☐

Shredded Cheese

☐

Mango

☐

Red Onion

☐

Spring Mix

4 FLAVOR

(Choose 1)

☐

Yum Yum

☐

Sriracha

☐

Citrus Ponzu

☐

Spicy Aioli

☐

Wasabi Aioli

☐

Poke Sauce

☐

Sweet Soy

☐

Thai Chili

☐

Jalapeno Soy

☐

Wasabi

5 CRUNCH

(Choose as many as you like)

☐

Crispy Onion

☐

Wonton Crispy

☐

Shredded Nori

☐

Sesame

☐

Tempura Flakes

☐

Garlic Flake

POKE SURF NOW OPEN!
CHRISTOPHER NEWPORT STUDENTS AND STAFF
GET 10% OFF WITH CNU ID