



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

VOLUME 51, ISSUE 10 NOVEMBER 13, 2019



Members of Captathon revealed how much was raised from the event. PHOTO BY ALYSSA COLE / THE CAPTAIN'S LOG

Captains danced away at Captathon to raise money for the Children's Network Hospitals

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Phi Mu and Pi Kappa Alpha (Pike) brought paradise to CNU at their annual philanthropy event, Captathon.

While this event has been going on for a few years labeled CNU's Dance Marathon, this is only the third year that the event has been branded as Captathon.

Held on Nov. 8, it was a PLP and Honors event that was directed by Phi Mu's Alyssa Cole and Pike's

Matt Stevenson. So far, \$27,298.43 has been raised through the event For The Kids (FTK).

All the proceeds from this event go to the Children's Network Hospitals of the King's Daughters (CHKD), which is the southeastern Virginian branch of the Children's Miracle Network Hospitals.

Any size donation is important as the donations contribute greatly to the operation of the hospital and the general well being of the families.

A donation of \$100 dollars can give the hospital a day's worth of hospital gowns, while a donation of \$70,000 can give the hospital a

fully outfitted transport isolette for NICU babies.

While Captathon was just one night, preparation and fundraising for the event started weeks earlier on Child's Health Day, this year on Oct. 7.

Pike promoted the day with a week of tabling, tie-dye and a dunk tank. Following this, members of Captathon tabled every Tuesday and Thursday and then the entire week before Captathon.

This tabling not only promoted the event, but it allowed students to buy tickets for a raffle. The tickets were \$1 for one ticket, \$5 dollars and \$15 tickets for an en-

tire wingspan. The winners of the raffle received a multitude of gift cards, baskets, a YETI rambler or a YETI cooler.

In addition to adding a tropical theme to the night, Cole and Stevenson introduced color wars for the first time at this year's Captathon.

Cole described this as "different organizations that are going to be competing and then whoever raises the most money and gets the most points throughout the night by doing games and activities will end up winning."

This year, the organizations were all greek organizations:

Alpha Delta Pi, Alpha Phi, Delta Gamma, Gamma Phi Beta, Kappa Delta Rho, Kappa Sigma and Sigma Phi Epsilon.

Color wars were added this year to "have a little competition base at the event" according to Stevenson. To achieve this, Captathon had many events that pitted these organizations against each other, including tug-of-war, three-legged races, hula hoop races and an obstacle course.

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Weekly Pic

Tug-of-war was one of the many events that teams competed in for the color wars at Captathon.

PHOTO BY VIVIANNA ATKINS / 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

CAB put on a haunted house. Lyss said she gets scared easily. So, naturally, we sent her through the haunted house. And what happened was better than we could have imagined.

Happened

November 9

Fall Harvest Party

The Office for Sustainability and Roots & Shoots collaborated to host a garden party with plenty of snacks and games. People gathered in the Community Garden to celebrate the fall season.

November 12

Alonzo King LINES Ballet

Choreographer Alonzo King's latest work "Figures of Speech" explores the power of lost languages through an evening of poetry, music and dance.

Happening

November 15

Laugh Out Presents: Silence of the Yams

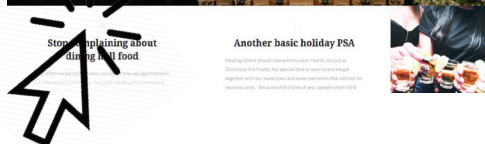
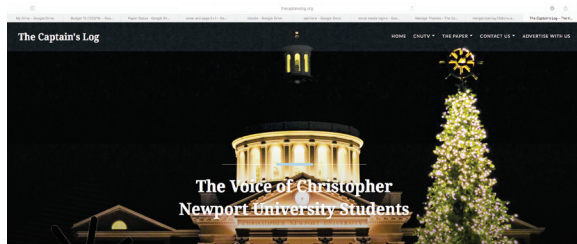
Join Laugh Out Improv Troupe for their final show of the semester. It's a free event in the Gaines Theater and they promise a night full of new games and plenty of laughter.

November 16

CAB Presents...Karaoke Night

Come out to the Crows Nest and sing your heart out from 8 p.m. - 10 p.m. Snacks and drinks will be provided for those who dare to take the mic.

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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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Captains Volleyball sails to a three-peat in CAC championship match

With the win, Volleyball secures guaranteed berth in the NCAA tournament

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The Capital Athletic Conference volleyball championship match was hosted by #1 seed Christopher Newport University as they hosted #2 seed, the University of Mary Washington. With an automatic spot in the NCAA post season tournament on the line, a victory would secure either teams spot.

This matchup was their third meeting this season and marked their fourth consecutive tie facing off in the conference championship match. History was on the side of the Captains, having won both bouts this year as well as the previous two championship matches.

But the Eagles would not lie down for Christopher Newport just because of some history. They were determined to be in control of their own fate, and right off the bat, Mary Washington came out strong, picking up three quick points and only giving one away to Christopher Newport.

The Captains answered the challenge and rattled off four in a row which saw #2 Kayleigh Regan-Smith fire an ace to end the run. After a response from Mary Washington which tacked another point on the board, #14 Katie Crofford unleashed two more kills to boost the lead up

to four.

Then the Eagles began to find their rhythm in the contest. Mary Washington unleashed a flurry of offense picking up seven of the following nine points to regain the lead. After a pair of Captains points, the Eagles defense found the lead once more.

From there, Mary Washington would never relinquish the lead despite the efforts of #20 Katie Piper and go on to close out the set 25-21.

The visiting fans cheered on their side to an important victory in the first set as they sought to watch the dethroning of the defending conference champions.

In the second set, both teams duked it out, going blow for blow as each side would attempt to gain an edge over their opponents.

The Eagles attack was denied multiple times by the combined efforts of Piper, #9 Mackenzie Wright and #10 Megan O'Hara, but the front row was unable to find an advantage.

Service errors plagued both sides, totaling six in the second set alone. Piper grabbed three more kills on the road to a two point lead. That would quickly dissolve, however, as the Eagles defense stepped up both literally and figuratively, shutting down a couple of attacks that the Captains had orchestrated.



#14 Katie Crofford prepares to attack. PHOTO COURTESY OF CNU OCPR

Both teams still fighting for superiority, the Eagles tied the match up at 19 points each. There the Captains found the necessary points they needed to even out the set total at one each.

A block from both Piper and Wright was bookended by kills from Piper. Then Wright teamed up with Crofford who closed out the set off with an emphatic kill via a set by Regan-Smith.

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Mapping a way to humanitarian relief

CNU Professor leads event aimed at helping humanitarians with the power of maps

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Mapathon: A community mapping event. Flyers advertising this marathon of mapping have appeared on campus advertising boards and decorated the walls of academic buildings. But what is a Mapathon? Why would anyone spend two hours of their precious weekend in a computer lab drawing a map?

Dr. Johnny Finn, the CNU professor co-organizing the event, understands the niche appeal that mapping has, but he emphasized the humanitarian aspects of this event. "We have partnered with various humanitarian organizations, such as Doctors Without Borders, to map the unmapped rural areas of lesser developed countries."

Doctors Without Borders is an international humanitarian organization that works in conflict zones and areas affected by disease. While Mapathon events happen all over the world and focus on a variety of different areas, this one will focus specifically on health-related issues in the Central African Republic, a landlocked country in central Africa

next to Sudan, the Democratic Republic of the Congo and Cameroon.

The Central African Republic has been suffering from outbreaks of malaria and ebola, but humanitarian efforts are often unable to reach certain populations of the country. This is mostly due to a lack of knowledge of where people are located outside of cities and how to reach them.

While services like Google Maps are extremely helpful for most people trying to figure out where to go, there are large areas of the world that are currently "unmapped" effectively. Satellite imagery of these areas exist, but so far, no one has mapped out all the small villages, towns and the roads that lead to them.

This is where OpenStreetMap enters the picture. A free crowd-sourced mapping project, people from all over the world pore over satellite data and map out these unmarked areas of the maps and contribute to the OpenStreetMap database.

"These places, these parts of the world, they aren't empty. They're full of people, full of roads that need to be mapped out," said Finn. "We

need to know where people are and how to access them, if we want to plan for humanitarian relief."

Not one to let others do the work for him, Finn has partnered with Dr. Federica Bono from Old Dominion University to organize a dual-location Mapathon for the Hampton Roads area at both CNU and ODU. Two sessions of roughly twenty people (a morning session from 10 a.m. - 12 p.m. and an afternoon session from 1 p.m. - 3 p.m.) will gather in Luter Hall on Nov. 16 to contribute to this global mapping initiative.

Because of the nature of crowd-sourcing map data, Finn does not know exactly what area they will be mapping out on Saturday, but it will likely be several of the small villages in the Central African Republic in preparation of a countrywide mortality survey that will be distributed early in 2020.

Despite the ambitious and serious goals of the project, there is room for fun as well. Finn promises music, pizza and some friendly competition as well. Through OpenStreetMap, it is possible to track how many buildings, roads and waterways people add to the map. It can even assign scores to them. In addition to a few

prizes offered to the most efficient mappers, there will be a live stream connecting the ODU location and the CNU one, hopefully leading to a bit of friendly rivalry.

Never mapped before? Finn said, "No experience necessary. We will train everyone how to interpret satellite data and trace it onto the OpenStreetMap."

"It'll take about 20 minutes to get everyone set up and trained, and then they can spend a couple of hours mapping," Finn said. "It won't be a super intense affair, but it also won't be a boring affair," he promised.

Ultimately, he hopes that people come away from Mapathon with a better understanding of the importance of maps, especially in less developed areas of the world. "Mapping is not something just done for fun. It is fun, but it also has a

real-world purpose and will benefit countless people."

"I want people to think about the importance of putting places on the map, especially in the context of climate change and natural disasters."

If you wish to participate in Mapathon, you must sign up for one of the sessions through a Facebook event. The event is free, and the form will remain open until all the spots are full.

Two hours isn't an abundance of time to map, but it is enough time to get a good feel for the program and get a lot of good progress done, according to Finn. "Plus, you get pizza," he added with a laugh.

This Mapathon is more than just tracing buildings and roads on a computer, it is a chance for participants to contribute to a global project that will aid humanitarian efforts for years in the future. ■

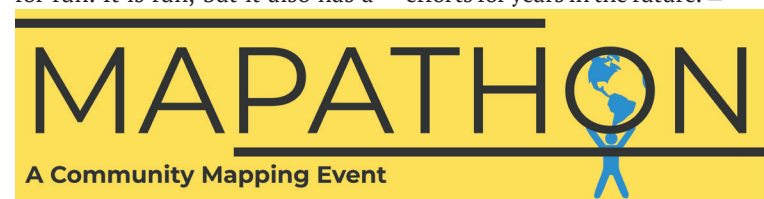


IMAGE COURTESY OF DR. JOHNNY FINN

New app launches for Captains

Marketing students develop an app called Digicurb to help CNU students

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A new app known as Digicurb has been making the rounds on campus in the past few weeks. Digicurb is attempting to serve as a student-operated all-in-one app that services a variety of needs around campus. Students provide services by placing themselves on the app as providers and consumers - who are also CNU students - can engage those services. Senior Alexa Hladick, an initial tester of Digicurb in its developmental stage, elaborated on its purpose.

"Digicurb is a student-run app for students. It's a place where students can run their own businesses. This could be through ride sharing, selling something, offering a service, offering tutoring. It's a way for students to post offers and students to request offers."

Hladick said the app was created by Herbie Morewitz, and herself and other students assisted in testing the app before its release.

"This idea was from our creator, Herbie. Myself and three seniors from last year were put in contact with him through one of our professors and worked on the project all summer long doing weekly conference calls, testing the app and giving our thoughts and feedback."

She also indicated that the reason for the app was primarily that nothing

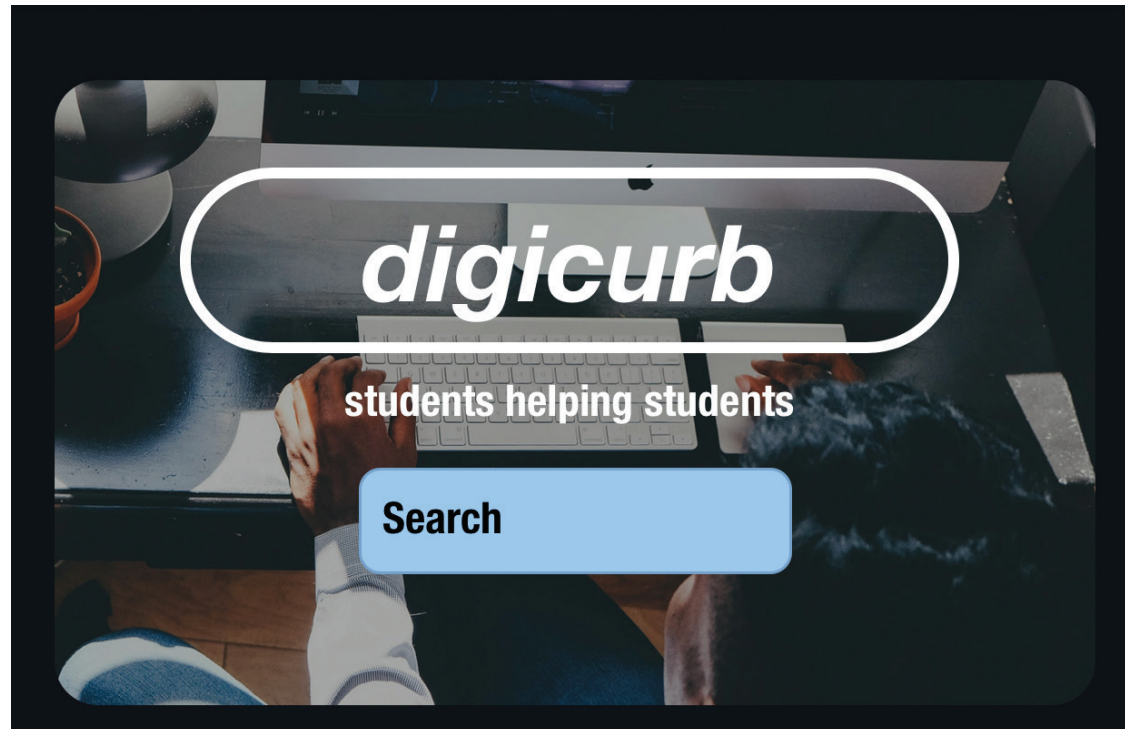


PHOTO COURTESY OF ALEXA HLADICK

of its kind had yet appeared at CNU.

It's being created because it's something not offered at CNU yet. We know there are already ridesharing apps, but what if your driver was someone you know? Wouldn't you want to benefit someone close to you or from CNU rather than a stranger?

Hladick emphasized that the app is exclusive to CNU students, although another iteration is also undergoing testing at the University of Virginia (UVA).

"It's only a website right now, not a physical app yet, which is cost efficient to us as well as to students. It is customized to CNU students. Only

students with @cnu.edu emails can sign up. It is being tested at other universities, one being UVA... They don't offer as many ridesharing offers because their restaurants and such are all walkable. Another reason the app is so neat is it is customizable to its location and adaptable." Senior Ann Teonchuk, a market-

ing major and employee of Digicurb, indicated that the CNU community primarily knows Digicurb as a ridesharing app, but that the long-term goal is for the app to be known as a tool for facilitating a diverse range of services provided by and to the student body.

"The demand is more in ridesharing currently, but our long-term goal is to switch into other services as well as ridesharing. These services can be tutoring, cleaning or anything else CNU students might find helpful."

Hladick spoke on plans for the app's future, most of which are focused on getting the word out about the app's existence as a service for students. She cited the DigiDollar event as a particularly useful tool: Students can sign up for the app in exchange for one dollar rides to and from the Manhattan's Dollar Drinks special.

"We definitely plan on watching [the app] grow overall. We had our first Campaign, DigiDollar, where we offered rides to Dollar Drinks for \$1 and it was a huge success! This past Friday (Nov. 8) we hosted a cornhole tournament in the plaza where we will offer prizes. We also planned to be at the tailgate (Nov. 9) with more cornhole events to bring more awareness to students. We are already in the process of planning more ride campaigns that I am absolutely thrilled about!" ■

New changes for housing at CNU

Many changes and updates in the housing process for students in 2020-2021

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Housing always seems to be a stressful time for CNU students. In years past, there has been the same system for the housing lottery starting with your freshman year. It allows students to select the exact room in which they want to live and the people that they want to live with. This system is remaining, but as many students know through an email sent out last week, there are some changes being made.

Starting last spring the university formed a committee to review the housing selection process. The committee included staff from University Housing, Residence Life, Auxiliary Services, Student Affairs, Budget and Planning, as well as, Senior Executives. The committee worked together with input from students, including students from the Residence

Hall Association, to identify ways to enhance the housing selection process for future years.

The results of this committee will take effect for the 2020-2021 selection year. They will increase the number of rooms that students required to live on campus can choose from and address a lot of the issues that were highlighted through the process with the committee.

There are multiple changes. There will be an additional 79 beds in Presidents Hall, currently where the construction is located, on East Campus. These will be open to junior and senior students. Next, there were a lot of changes to retention guidelines. Retention for 12-month lease units will now require all of the current occupants to remain in the room. Retention for 10-month lease units will no longer be an option for students under these changes.

These changes may come as a surprise to many students, and they could take some getting used to. There is currently a new guideline posted on the housing site so that students can go there if they have any need for clarification.

The university worked very hard to accommodate the feedback they were given about students wanting more beds, which is why they changed the retention guidelines. There is also no plan to change the requirement that students stay on campus for at least three years.

Though this process can be difficult and stressful at times, these changes were made regarding student feedback. The university is hopeful that they will help students by giving them more options.

The housing office and university are always open to more feedback to make this experience the best that they can for all Captains. ■



For incoming freshmen, as well as transfer students, we provide room assignments and summer campus housing, if needed, and process meal-plan requests. For current students, we oversee the Housing Lottery, our online program allowing you to select your room and roommates for the upcoming academic year.

Here is the start up page for the CNU housing lottery system. IMAGE OBTAINED FROM CNU.STARREZHousing.COM

No longer a 24 hour grocery store

Harris Teeter has changed their hours and will not be open 24 hours anymore

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As a college student, we enjoy stores and fast food places that are open at horrific hours. After all, we are up at horrific hours in the library or binging a movie series with our friends. As a part of CNU's student population, it is safe to say that the Harris Teeter hours changing has caused an uproar on campus.

A great aspect about Harris Teeter was the proximity to campus it was. If a student wanted to go get cookie dough, then they were able to walk over to Teeter and get it within 20 minutes. Another great aspect was the time Harris Teeter is open. Take the cookie dough example and put the time at 3:30 a.m. on a Wednesday. If that student wanted cookie dough, then Harris Teeter was there waiting for them to come get it. That is no longer the case.

Harris Teeter was originally open 24 hours until a few weeks ago. With the new hour change, Harris Teeter will now be closing at 12 a.m. and opening back up at 6 a.m. We have not received any comment from Harris Teeter on why the store has chosen to change their hours, but the CNU students sure have something to say about the hour changes.

When asking fellow students their opinions on the hour change, there was not much support. All seem to have a disapproval over the closing hour being at midnight. Junior Sean Leary said, "I would say that it is an issue for me because I am very much not a planner. Sometimes I need stuff like contact solution. I more than likely did not remember I need something until the moment, and



PHOTO BY TARYN HANNAM-ZATZ/ THE CAPTAIN'S LOG

with Harris Teeter's old hours, then I can go over and get it. If it closes at midnight, then I may not be able to make it over there to get essentials. Overall, I believe it is beneficial to the workers at Harris Teeter because being open 24/7 is emotionally and physically draining due to the long hours." Sean brought an important downfall about the new hours to the surface. Students are busy with

clubs, jobs and academics. They might not be able to get over to the store until much later at night, perhaps after midnight.

Along with Leary, sophomore Mackenzie Sanner was quick to voice her disapproval in the hour changes. With much enthusiasm, she stated: "It should have stayed 24 hours. A friend and I went at 12:30 a.m. one night to get some snacks in the midst

of a study break and could not go in to buy any!" Not only are students dealing with not getting essentials at any time, but some are not able to receive pick-me-up snacks while studying. Sophomore Sammy Lyon shared a similar reaction as Sanner did to the change of hours, "I do not like how the hours at Harris Teeter have changed. Being a college student, sometimes you need to take a

trip to Harris Teeter at strange times. With no information being told as to why the hour change was put into effect, my guess is that there were not enough people to staff night hours, so they could not keep it open at night."

Lyon also shared a story about when she went to Harris Teeter in the middle of the night with one of her friends. "It had been a stressful few days leading up to the event. My friend and I decided to go to cookout and decompress over milkshakes. It was around 11:30 p.m. when we left campus. After spending a little over an hour at cookout sharing laughs and tears, we decided we wanted a change. There is no better way than spontaneously deciding to dye your hair pink to get over a hard week. On the way back to campus, we decided to go to Harris Teeter to get hair dye. Once back at campus we dyed our hair, temporarily, pink. It was so much fun and such a good way to get over a hard week. That has been one of my favorite memories of this semesters. My memories might be altered now due to the lack of hours Harris Teeter will be open."

Overall, the hours changing at Harris Teeter will have a lasting effect on the daily life of the Captains. Whether it is crossing Warwick to go get the essentials or going to go get a savory treat, Harris Teeter is embedded in the campus culture of CNU. It has brought students closer and allowed them to live their daily lives free of any time constraints. Unfortunately for the captains, they are going to have to adjust when they do their shopping and spontaneous events to be in between 6 a.m. and 12 a.m. ■

CAPTATHON

STORY CONTINUED
FROM COVER

There were also a few less-physical events involved in the color wars in terms of participating in change wars before the event. Change wars involves putting money in different organizations' jars to earn points. Each team had a jar associated with their organization, and whoever had the most points won.

True to the name, the goal is to get the most change, but only in the form of coins. Other organizations can put bills into each other's jars, however, to negate the points from the overall total.

The individuals on the color war teams had their own profiles that let them send out a link for people to donate to. In addition to people being able to share their profiles, they could also share Captathon's Instagram posts which featured the stories of some of the Miracle Kids. Stevenson discussed that "It shows

[that] this is a real human being. This is somebody who is going through this right now. It's really nice to know what their story is, what their interests are, what their hobbies are and what they can achieve once they get through the system."

At the end of the night, several awards were given out to the color war teams. While Kappa Delta Rho overall won color wars, Kappa Sigma fundraised the most money and Alpha Phi had the most morale.

For members not in a color wars team, there was still plenty to do at the event. There was a craft corner that allowed people to make friendship bracelets, cards and blankets to give to the children in the hospital. Furthermore, they had cornhole, Jenga, ring toss and Moon Shoes for people to run around in.

On a larger scale, they had several inflatables. This included a Connect Four game that required the throwing of basketballs, an obstacle course and a life-sized foosball table where the students were the "players" on the field.

They even had an entire corner marked off for students to play video games on all types of consoles. They

also had a face-painting table, numerous photo booths and featured a performance by U Sounds, one of the Christopher Newport a capella groups.

As the event went several hours, they had pizza, snacks and drinks that were covered by the \$7 entry fee. They also brought back several of the Miracle Kids to put a face and personality to the event.

Since the event was a dance marathon, music was playing throughout the night with dancing encouraged. In addition, Captathon had morale captains that taught people little pieces of a dance throughout the night, and at the end, all the students got to perform the entire dance together. Stevenson remarks that this is done because "it shows a little kind of school spirit."

People love to come out to the event and participate in all the activities, especially now that color wars adds competition and more to do. Cole said that her "favorite part is seeing the Miracle Kids at the event and hearing their stories. It really just puts validation in you that this is why we do it. We do it For The Kids."

Participants at Captathon echoed

their sentiment. Sophomore Emma McConnell says she loves the event because she "likes how it brings together all the organizations and just anyone from campus."

Captathon is an event trying to emphasize Greek unity on CNU's campus, "It's one of those big on-campus events like GPhi's Best Dance Crew and Stroll to the Polls; You just have everyone in one place hanging out and having a good time together," commented Senior Ethan Martin about the event. "I think it's something that really fosters a sense of community on campus."

When asked what his favorite part of the event was, Senior Otso Castren, brother of Sigma Phi Epsilon commented "the one I enjoyed most was the tug-of-war between us and Kappa Sig. It was a really close battle but it was really fun just cheering my guys on."

The introduction of color wars was big for Captathon. It brings other organizations into the mix and makes it bigger than just one or two organizations.

"We're trying to do more Greek unity, so it's not just Phi Mu and Pike doing it. We want to get all the Greek

organizations involved and not just Greek" said Cole. She adds that even though it is only Greek organizations now, "it's not just a Greek event. We want it to be the whole campus. It's just when it's first starting off, we need people and the people that we have connections to are Greek. But we want to reach out to our entire CNU campus."

Adding to the future of the event, Stevenson adds that in future years, "we could have club teams make a color wars team. We just want everybody to be involved, as many people on campus as possible. Everybody is FTK. Everyone is For The Kids. FTK all DM Day."

For people who are not sure how to get involved, Stevenson advises "it's just coming out and showing support because it doesn't take much. It's one night out of the year."

If you still want to get involved this year and help the Captathon team meet their goal of 40 thousand dollars, the page to donate to the CHKD is open until Friday, Nov. 15 at <https://events.dancemarathon.com/index.cfm?fuseaction=donate.event&eventID=3496> ■

Greenwashing: Can you market your way out of environmental degradation?

Informed consumerism requires looking past the green curtain

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Consumers are becoming more and more informed; in just this semester, I've covered multiple issues of informed choices from what coffee you choose to drink to the clothes you buy or thrift.

Our digital era allows us to be more aware than ever about the products and services we purchase and the companies and practices that produce them.

However, from this growth of awareness, a new, possibly more dangerous practice has surfaced: greenwashing.

As consumers are demanding more sustainable practices and products, many corporations uninterested in changing their destructive or unethical ways for fear of losing profit have turned to this dangerous marketing technique.

So what exactly is greenwashing and how can truly informed consumers and citizens see past this elusive green curtain?

Columnist Bruce Watson, in his 2016 article on the growth of corporate greenwashing defines greenwashing as "the corporate practice of making diverting sustainability claims to cover a questionable environmental record."

In short, greenwashing is corporations touting sustainable practices or values without having the legitimate practices or policies in place to back such claims.

The term was coined by environmentalist Jay Westerveld in 1986 in an age where greenwashing consisted of TV ads that today sought to do exactly that; for example, the oil company Chevron ran a campaign called "People Do" in the 1980's with hundred-thousand dollar television ads featuring bears, butterflies, coral reefs and sprawling wilderness that targeted states with the heaviest regulations on their industry.

Their goal was to change public opinion on their environmental track record and redirect attention from the destructive realities of their practices, and they did so by appealing to basic environmentalist values.

Today, greenwashing has taken on many more evolved and more dangerous forms, forming a thick green curtain that many consumers won't know or care to look past.

Even stout environmentalists can struggle to distinguish greenwashing from truly sustainable practices, and while I am far from an expert on this topic, some of the best tips I have learned for identifying and avoiding

objective facts.

Furthermore, the same corporations who claim to be "sustainable" or "green" for one or two initiatives could very easily be causing large ecological damage in other realms.

It is always a good idea to research corporations and their practices towards their workers, the planet and their consumers, because after all, actions do speak louder than words.

2. Look for third-party certifications: Greenwashing can often take the form of corporations indulge in self-praise for their "achievements," but there are many outside, unbiased organizations that can confirm or deny such claims. Fair Trade, B Corporation, Rainforest Alliance and Green Seal are just a few of the third-party organizations/certifications that set rigorous standards on sustainability.

A lack of endorsements from environmental interest groups, green certifications or public support are all red flags that the company in question is likely greenwashing.

3. Research their political activ-

ism: Once again, sustainable practices go a lot deeper than savvy marketing techniques.

Many companies with large marketing sectors are often also politically and publicly engaged; to determine how sustainable corporations really are versus how sustainable they say they are, look into the policies, interest groups, and representatives they may lobby for or against.

These corporate actions can very quickly reveal whether or not environmentalist values are truly in line with those of the company in question.

4. Speak up and spread the word: Dialogue on these issues is crucial, and sharing what you find out in your research should be shared with others.

Starting conversations with friends, family members, classmates and colleagues about greenwashing is important to helping our entire community become more informed and ethical consumers.

Altogether, greenwashing is an issue that seeks to outsmart informed consumers, but with a little research and the right resources, we can work to cultivate more informed consumer bases, and in turn, demand more genuinely sustainable practices for the health of our communities and our ecosystems. ■



COURTESY OF SEEK CLIPART

greenwashing industries are as follows:

1. Do your research: It is really easy for corporations to advertise what seem like sustainable practices, but it is not as easy for them to follow up with their promises or even state

Learning Communities aren't all they're cracked up to be

Despite the hype prior to entering college, learning communities don't deliver

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In the spring before freshman year, all incoming freshmen have to complete several modules relating to housing and classes.

One of the things you're told to prefer is your Learning Community. According to the CNU website, a Learning Community is "a group of 15-30 students who take between two and four classes together and build strong relationships."

Students in most LCs not only take classes together, but also live near each other. Sounds great, right? And it would be great... if Learning Communities were real.

As an incoming freshman, I was excited by the idea of living near people who would be taking many of the same classes as me.

I thought I would be on a hall with people whose majors and interests were similar to mine, so you can imagine my disappointment upon discovering the reality.

Instead of 15-30 students taking two to four classes together, my "Learning Community" seems to consist of about 6 of my hallmates who are in a 90-person lecture class with me.

The class is so big, I wasn't even aware one of my hallmates was in it until almost a month into the school year.

My suitemate (who is supposedly in the same Learning Community as me) is only in one class with me that none of our other hallmates are in. The only other class I have with someone from my hall is a leadership course with my roommate, who is technically in a different Learning

Community.

At first, I was puzzled. Every information brochure I'd read, every tour I'd been on, every orientation session I'd sat in had all sung the praises of the Learning Community.

I thought maybe I'd somehow misunderstood what a Learning Community was supposed to be. However, the more I spoke to other students, to upperclassmen and even to RAs, I learned that I was not confused, but that Learning Communities were simply not real.

What is baffling is the fact that the school keeps pretending that Learning Communities exist. It seems to be a well-accepted fact here that Learning Communities are non-existent.

No student I've spoken to, freshman or otherwise, has ever once mentioned a Learning Community.

Even ResLife appears to be understanding this fact: a question on the Residential Feedback Survey was, "Are you aware that you are a part of a Learning Community?"

I don't think anyone answered yes. So my question is, why is CNU still insisting that Learning Communities are a part of student life? Is it to entice unwitting prospective students into choosing CNU? To ease the minds of parents, worried about their child's success in college?

Whatever the reason, one thing

is clear: Learning Communities are simply not real, and it's time to stop pretending they are.

CNU needs to formally get rid of Learning Communities, as they aren't helping anyone now. Learning Communities serve no purpose for the school currently because they don't exist.

The façade that CNU has created of an idyllic community of freshman living and taking classes together has begun to crumble away, and it's time to tear it down altogether. ■

Write for the Opinions section!
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Practice what you preach

A student's response to preacher's rhetoric on campus

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The campus of CNU was restless in response to an assertive Christian preacher who planted himself in the middle of the great lawn for the second time in just one week. As students made their way to and from classes, they were met with this man vocalizing his beliefs about the Bible and actively trying to engage with students despite their disinterest.

The previous week when the disruption first occurred on campus, CNU PD was called to remove him due to his intense demeanor and incendiary language. This past Friday was not much different as students became agitated with his remarks and began to challenge his disposition on the matter of "salvation."

We pride ourselves on living in a country where freedom of speech is evident. However, shouting and screaming at students that they're going to hell is not the way to sway them towards your beliefs. I, like the agitator, identify myself as a Christian, though I would certainly never behave in the same capacity.

Religion almost always carries the potential for controversy and negative stigmas. We can thank people like this preacher for that. Many religions in this day and age value things such as love and acceptance. This preacher did not represent either of these values, and in my mind, doesn't represent any religion, let alone my own.

As students became agitated, they shouted back at him, slandering him with things like "ok boomer." The CNU PD had to step in to monitor the situation and make sure it did not get out of hand. This isn't the first time I have seen students act out towards a radical Christian preacher on campus, and I'm sure it won't be the last.

Of course, if these people are able to voice their beliefs on our cam-

pus, then we as students should feel comfortable to voice ours back. Obviously, it's hard to respond to aggression with peace. Hearing him say many of the things he did made me feel a range of emotions from anger to complete sadness. I was angry by his lack of compassion for others who don't believe in the same thing and was also deeply saddened over the fact that people see my religion through people like him, and they're seeing the distorted picture.

Also, the way that the students were reacting did not make the situation any better. Student voicing threats towards the preacher and responding with further aggression did not make the situation any better.

While the preacher's comments were inflammatory, if not downright offensive at times, responding in kind does not solve anything. The students who protest his presence on campus with hateful language of their own are validating him by engaging with him in such a manner.

Being of the Christian faith, I wish I could shout to the whole world that people like this do not represent our beliefs well. The fact that religion usually carries a negative stigma to it because of people like this who do not represent it well enrages me. It is

because of people like this that my religion has such a bad connotation. I am not like this. My friends and family are not like this.

Let me just say that next time you see this happening, whether it be on the news or on our campus, don't associate every individual of the same religion with that person. We are all different but the beliefs that we hold do not warrant behavior such as the various protestors on campus.

We don't all hate the LGBTQ+ community or support Trump. We don't all condemn and judge others when we are nowhere near perfect. We aren't all like the people of the Westboro Baptist Church or this preacher on campus.

Well, at least we aren't supposed to be based on our belief system. I love the people in my life who are important to me no matter who they are or what they believe.

I encourage you next time to remember something. The voice of the few does not represent the voice of the many. I refuse to let this man speak for me, and I'm sure many people feel the same way.

I am a Christian, and I love Jesus. One of the most important aspects of that is loving others despite their differing beliefs. ■

Photo of a Westboro Baptist Church protest (CNU preacher not with Westboro). PHOTO OBTAINED FROM RELIGIONNEWS.COM



A whole new world

of streaming

The reasoning behind buying Disney+ service

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Have you ever wanted to watch a Disney, Marvel, Pixar, Star Wars, National Geographic show or movie again and again?

If yes, then Disney+ is your friend. One of the first things that I look for in a streaming service is the cost. Comparing the \$6.99/ month cost to other streaming services, it's cheaper than the other streaming services even with Disney promising the service to remain at that price.

I really like the \$6.99/ month cost due to the fact that I would have access to the entire Disney Vault library, and other library access from studios Disney partnered with and bought such as 20th Century FOX.

The second thing I look for are the deals produced. So far in preparation for the launch, Disney+ announced major deals with Verizon consumers and with D23 members.

The next deal that is expected to happen is the Disney+ bundle that would include access to Disney+, ESPN and Hulu for one price of \$12.99/ month.

I preordered the streaming service about sixty days in advance using an exclusive deal, and now I'm a part of the 'Founders Circle.' The next thing I look out for is the content.

For several months now Disney+ offered a test trial in the country of the Netherlands to fix most of the problems that may arise and to see

what could become really popular without the addiction of their original content.

Due to the test trial, I have been increasingly knowing what I might find on the service such as the specific movies and TV shows in which made me want to pre-order the service at that particular time.

Another thing I look for in the service is whether ads are included or not and what devices fully support the app.

With Disney+, it's reported to be ad-free once you leave the home screen and that it supports the most popular devices.

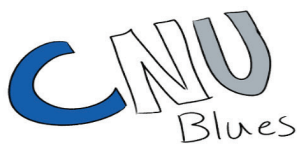
Other than the content, I would also like to know some of the features. Those features on the streaming service are downloadable content and have extras as seen in DVDs.

The final thing I look for is the original and future content. I'm really excited to see the content that is based on previously done movies and shows such as "High School Musical: The Musical: The Series," another "Phineas and Ferb Movie" and a show involving "The Muppets" just to name a few.

I'm hoping that the launch of Disney+ is successful because it is definitely the "Start of Something New" (a reference to the original "High School Musical" movie) and meaning that this is the first time a streaming service tried something like this) for how we are adapting to the technology advancements in the world. ■



PHOTO
OBTAINED
FROM DIS-
NEYPLUS.
COM



Getting in the Elevator with Your Crush

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Capital Athletic Conference

The Volleyball and Women's Soccer teams competed in the

Women's Soccer

0 - 1

The Women's Soccer team lost in the Semifinals, but they earned an at large bid to compete in the NCAA tournament.

Volleyball

Semifinal match	Championship match
3 - 0	3 - 1

The Volleyball team won their Semifinal and Championship matches to earn their place in the NCAA tournament.



(Left) #10 Madison Cochran gets ready to punt the ball across the field. (Middle) #11 Abner Newport keep possession. **PHOTOS BY WILL NELSON / THE CAPTAIN'S LOG**



(Left) #7 Tiaralyn McBride gets ready to serve the ball. (Right) #9 Mackenzie Wright and #3 Sammy Carroll celebrate scoring against Southern Virginia University (SVU) in the Semifinals. **PHOTOS BY KAITLIN SANATA / THE CAPTAIN'S LOG**

erence

e CAC tournament



by Harrigan chases down the competing University of Mary Washington player in order to take possession of the ball. (Right) #5 Keiley McCarthy heads the ball to help Christo-



CAC (Left) #14 Katie Crofford digs the ball after it was served by SVU while her teammates and Volleyball Head Coach Lindsey Birch watch from the sidelines. (Right) #9 Mackenzie Wright takes flight as she goes in for the attack. **PHOTOS BY KAITLIN SANATA / THE CAPTAIN'S LOG**

UPCOMING HOME GAMES

Wednesday, Nov. 13, 7:00 p.m.

Women's Basketball vs.

North Carolina Wesleyan College

Friday, Nov. 15, 8:00 p.m.

Volleyball vs.

Stevenson University

UPCOMING AWAY GAMES

Friday, Nov. 15, 5:30 p.m.

Men's Basketball vs.

Marywood University

Saturday, Nov. 16, 1:00 p.m.

Football vs.

Wesley College

A quick NFL playoffs prediction

Who will win the NFL this time around?

MATTHEW MORHISER

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The National Football League (NFL) playoffs are right around the corner. It feels like only yesterday we all thought Baker Mayfield was a viable starting Quarterback and Antonio Brown wasn't a COMPLETE lunatic (maybe just a little bit). Look at how far we've come. But hey, enough reminiscing. It's time to look to the future, and boy is it looking interesting.

It's finally the year Tom Brady, Bill Belichick and Robert Kraft's reign of terror over the NFL ends. This is probably the point you're asking, "but Mr. Morhiser, how can you be so sure? The Patriots are the Twinkies of the sports world. They'd still find a way to win a Super Bowl after a nuclear fallout." First of all, Mr. Morhiser is my father, please call me Grand Master Matthew. Secondly, don't speak out of turn like that. Thirdly, I can tell you with a clear conscience the Patriots won't win Super Bowl LIV because they take an off year in between championships. They won Super Bowls in 2015, 2017 and 2019.

I'm no math major, but 2020 does not fit that pattern. Because predicting sports results is arbitrary, and it's impossible to account for every minute detail, I'll do it for you guys. In fact, I'll put it in The Captain's Log to have it on record. That way, you can point and laugh at me when I'm wrong and say how you knew who'd win the whole time. There'll be no paper trail. It's the perfect crime.

To make my Super Bowl prediction, I will use the NFL standings as of week eight to determine the Wild Card matchups and overall seed-

ings. I want this to be as true to life as possible. You can look forward to some uncalled pass interference penalties that will send the wrong team to the Super Bowl, as is tradition. Without further ado, here's a quick rundown on how the 2020 NFL playoffs will go down.

Starting with the American Football Conference (AFC) on Wild Card Weekend, we have the third seeded Houston Texans versus the sixth seeded Indianapolis Colts: a rematch from last year's Wild Card round and a matchup between division rivals.

Earlier this season, the Texans provided a more competitive outing. The Colts still won, but not without a monster game from Luck's replacement, Jacoby Brissett. He went for 326 yards and four touchdowns on 26 of 39 throwing. To beat the Texans in the playoffs, it looks like Brissett would have to go into videogame mode again. The only problem is Brissett has a nagging knee injury, and star receiver T.Y. Hilton is expected to miss more time due to his calf.

Both players are expected to be back by the time the playoffs role around. Let's get to that prediction. To me, the Colts are like the diet version of the Patriots. They keep winning, and they won't go away. It's about time they get some more hardware for the trophy case at Lucas Oil Stadium. I predict the Indianapolis Colts will beat the Houston Texans. I've learned to never bet on the Texans, so this was an easy one.

In the other AFC Wild Card matchup, we have the fourth seeded Kansas City Chiefs versus the fifth seeded Buffalo Bills. I don't get the hate placed on Buffalo. Frank Gore is statistically one of the best running

backs in the history of the NFL. He's fourth on the all-time rushing yards list. Who are the Chiefs starting at runningback again? Exactly. I don't know either. With that being said, Patrick Mahomes is the defending MVP of the league. The season is not over, and when he's fully healthy, he has a legitimate shot to win it again.

This matchup really comes down to the Kansas City offense versus the Buffalo defense. Kansas City's offense is ranked sixth in the NFL. They share the ball, as eight different players on their team have a receiving touchdown this season. Their rushing attack is ranked towards the middle of the league, believe it or not. On the other side of the field, Buffalo's defense is ranked third in the league. They barely give up any yards, first downs or touchdowns.

It comes down to the intangibles in this one. In my opinion, Kansas City has a better proven coach and quarterback, so for that reason, the Kansas City Chiefs will implement the defense of scoring more touchdowns to beat the Buffalo Bills.

As we head over to the National Football Conference (NFC), we're greeted by the third seeded Green Bay Packers taking on the sixth seeded Minnesota Vikings. As a Washington Redskins fan, I don't want Kirk Cousins to succeed. I know that sounds harsh, but life is cruel and unforgiving. I watched Kirk play for years. He can't win the big game. Something in his DNA won't let him win. His opposing Quarterback, Aaron Rodgers, wins a lot. Maybe not at chugging beer, but he wins at pretty much everything else, especially football. All the other Viking players won't make up the difference. The Green Bay Packers

will steamroll the Minnesota Vikings in a very boring fashion.

In hopefully a more competitive matchup, we'll see the fourth seeded Dallas Cowboys matchup against the fifth seeded Seattle Seahawks. I spoke too soon. Like Kirk Cousins, I don't want the Cowboys to win. Ever. Hail to the Redskins. The Seattle Seahawks run up the score on the Dallas Cowboys.

In the AFC Divisional round, the Kansas City Chiefs will beat the Baltimore Ravens, and the New England Patriots will beat the Indianapolis Colts. I like Lamar Jackson. In fact, he was my favorite Quarterback in his draft class, but Kansas City is a proven team. I like Baltimore a lot, but in a battle of high scoring offenses, I'll take Mahomes and Kelce over Jackson and Andrews.

The game between New England and Indianapolis is the real AFC Championship. It saddens me to see the Colts go, but they'll continue their prophecy of never overcoming New England. Like I said earlier, you should never bet on the Houston Texans, and you can add don't bet against Brady to that list.

In the NFC divisional round, the New Orleans Saints will take out the Green Bay Packers, and the Seattle Seahawks will upset the San Francisco 49ers. New Orleans versus Green Bay is an intriguing matchup. Both have all time greats at quarterback. Both have explosive runners who can also catch the ball out of the backfield. And both have receivers who eat up a lion's share of the team's targets, but for good reason. I guess when the offense is too close to call, you have to go to the defense. New Orleans ranks in the top 10 of defenses, but Green Bay is just under the league average. Look for New Orleans to make a timely redzone stop.

In the AFC Championship, the New England Patriots will eliminate the Kansas City Chiefs. This wasn't too hard for me, despite what some

experts may believe. No team in the AFC has looked like they could truly overthrow New England all season. The Patriots have too many weapons on offense, and their defense is far superior to that of Kansas City's. Patriots win. Woah. I think I just had deja vu and chose to physically write it down.

In the NFC Championship, the Seattle Seahawks will run the ball until New Orleans says, "fine, you win." Seattle loves to run the ball, but New Orleans loves to stop teams from running the ball. It seems we've come to an impasse. To me, Russell Wilson is this year's MVP. He just narrowly beats out Christian McCaffrey. With Chris Carson, Tyler Lockett, D.K. Metcalf and Jacob Hollister stepping up this season, as well as the addition of Josh Gordon, Seattle is the best offense in the NFL. Because windows in the NFL are short (obviously not for New England), look for Seattle to capitalize on this rare opportunity.

Well folks, we made it. You either read a bunch of nonsense from a kid who learns all he knows about football from Madden, or you skipped to the end to see who I picked for the Super Bowl. Either way, I respect your tenacity. Super Bowl LIV will see the New England Patriots continue their unholy sovereignty, and they will deflate the pure hearts of Russell Wilson and the Seattle Seahawks by cheating and questionable visits to the massage parlor. I lied in the beginning. Of course New England is going to win.

You're really going to tell me you're betting against definitely the best quarterback and potentially the best coach of all time? I'm sorry, but you're wrong. I refuse to acknowledge that Philadelphia beat them in Super Bowl LII, and the Seahawks may actually have been the last team to beat them in the big game. Who's to say they can't do it again? Me.

New England by a touchdown. ■

#23 Men's Soccer takes tough loss against #15 Eagles

A loss in the final doesn't keep the Captains from an NCAA hosting opportunity

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During a redemption year of sorts for the Men's team under their new head coach, the Captains sailed to a 13-2-4 season (9-1 in conference) and faced a rematch of the 2017 CAC Final against the Mary Washington Eagles.

Unlike that previous game two years ago, this time the game was neck and neck for the majority of the match. Despite Mary Washington scoring within the first five minutes of the game off a header from #10 Gabriel Soriano, Christopher Newport was able to match it just before the 11-minute mark from the foot of #7 Justin Wilson.

Although the game would remain scoreless for the next 99 minutes of regulation and overtime play, nei-

ther team let off the gas. Scoring opportunities were few and far between, and the two defenses of each team ensured the tie game finish. To determine the CAC Champion, the game went to a penalty kick shootout.

Hopes were high for the Captains, who were trying to overcome a shootout loss streak that extends to 2007. Their luck would finally run out, however, as #29 Will Collins' final shot ringing off the crossbar brought heartbreak to the home

team.

The Captains earn the right to host Eastern, Swarthmore and Roanoke this weekend at Captain's Field, kicking off against Eastern in the round of 64 and hoping to make a deep run in the tournament.

With Johns Hopkins, Catholic or Connecticut College in their future if they survive the round of 32, the Captains will need to rely on a little more of that Chezem magic in his first NCAA appearance as head coach. ■



#8 Ethan Larson dribbles the ball against Mary Washington earlier in the season. PHOTO COURTESY OF CNU OCPR

Want to write for the Sports Section?
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League of Legends: World Championship

Recap the action from one of the biggest eSports tournaments of the year

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FunPlus Phoenix (FPX) is a Chinese Esport Organization, and their line-up for Worlds was Top Laner Kim Han-saem (GimGoon), Jungler Gao Tian-Liang (Tian), Midlaner Kim Tae-Sang (Doinb), Bottom Laner Lin Wei-Xiang (Lwx), Support Liu Qing-Song (Crisp) and the substitution Chang Ping (Xinyi).

FPX placed first in the LoL Pro League (LPL) 2019 Spring Season and during the playoff, came in third place, placed second in the Rift Rivals (Asian Leagues Only) 2019 and came in first during the LPL Summer season and playoff. During the World Championship bracket, they won against Fnatic (3-1) in the Quarterfinals and Invictus Gaming (3-1) in the Semifinals.

G2 Esports is an European Esport Organization, formerly called Gamers2. Their line up for World was Top Laner Martin Hansen (Wunder), Jungler Marcin Jankowski (Jankos), Midlaner Rasmus Winther (Caps), Bottom Laner Luka Perković (Perkz), Support Mihael Mehle (Mikyx) and substitution Hampus Abrahamsson (Promisq).

During the 2019 season, they came first in the LoL European

Championship (LEC) Spring and Summer season and playoff, Rift Rivals 2019 (NA and Euro Only) and 2019 Mid-Season Invitational.

During the World Championship bracket, they won against DAM-WON Gaming (3-1) in the Quarterfinals, and in their Semifinals, they won against SK Telecom 1 who were three time League of Legend World Champions (3-1). The World Championship match is a Best of Five series game, and whichever team wins three games, wins the World Championships.

In game one of the series, FPX was able to outplay G2 with team-fights. They gained Baron Buff, which empowers minions, and they got Dragon buffs, which gives different increases depending on what dragon they slayed. G2 was able to push the top lane into FPX's base; however, FPX was able to push the waves and able to win the first game of the series.

In game two, FPX stomped G2 with a 20-3 kill record. FPX constantly outmaneuvered G2 with quick kills and helped Lwx snowball (one kill leading into another kill, which leads into another one) into the lead. G2's line-up was strong, but FPX was able to take the lead.

Lastly in game three, FPX and G2

had a solid line-up, with both teams not engaging each other and slowly farming (gaining experience points) the lanes and jungle. The two teams pulled back and forth, trading kills, buffs and towers to gain an advantage. As FPX secured two Barons buffs, G2 tried to retaliate. FPX was able to strike hard, however, denying them and pushing top lane into G2's base to end the series 3-0.

Funplus Phoenix won the League World Championship, taking home the trophy as well as a 37.5 percent cut from the \$2,225,000 prize pool, not including in-game items made in support of the championships. G2 Esports was the favorite to win as they won Spring and Summer Seasons and MSI. Taking the World Championship would have been, what the community called, a Grand Slam; however, they were outmaneuvered by FPX's coordinations and tactics.

Many had hope for a western victory as the only western team to win Worlds was during the first Worlds Champions back in 2011. The past eight seasons were won by either Korean or Chinese teams.

With Worlds 2020 being in China, will FPX be able to defend their title, or will a western team finally end the Asian Dynasty? ■



Fans watch the League of Legends World Championship. PHOTO OBTAINED FROM FORBES.COM



Senior #20 Katie Piper goes forward to bump the ball in the Capital Athletic Conference Championship against Mary Washington. PHOTO COURTESY OF CNU OCPR

VOLLEYBALL

STORY CONTINUED
FROM PAGE 3

The Captains kept the momentum going in the third set but would shift into an even higher gear as they led 9-7. Three blocks on the defensive side of things helped the defending champions pull ahead by six more points.

One of those blocks would come from Piper and #15 Riley Garrison who would find success again later in the set with another key block.

Garrison would also flip the script and snag some kills on offense, her third of the set would cap off the six point run the Captains made.

Liking the lead they had at one point, Mary Washington tried to find it once more going on a small 4-1 run, but that would not be enough as the Captains would hold onto the lead.

The single point that Christopher Newport side would score in those five points would be on a service error, but the Eagles would only come as close as six points and be unable to catch the Captains.

The set closed with another block from Piper and Garrison which broke the deadlock and set the Captains just one set away from an automatic bid into the National Collegiate Athletic Association tournament.

Mary Washington was fighting to keep their season alive as the fourth frame got underway. After posting a strong block to turn away an attack from Wright, the Eagles would find themselves just a couple points ahead.

Although, there was blood in the water, and the Captains could smell it.

Garrison started to close the deficit with a kill before an attacking error from the Eagles knotted things up at five.

The serve would bounce back and forth between the two teams for the next five points before Mary Washington capitalized on a service error and then doubled down with another big block.

The Captains would respond but would be forced to settle with the points being split once again over the next six points.

Down by three points, Christopher Newport could begin to sense that the set could slip away and decided to make a move to close the gap and put themselves in front. Playing perfect defense forced three attacking errors out

of the Eagles as they tried to crack the Captains defense, but they came up dry.

Then it was Mary Washington's turn to play catch up as once more, the serve swapped sides after every rally for eight consecutive points.

Wright would find her first kill, since being turned away earlier in the set, to push the Captains lead before O'Hara powered another kill down and added another point on the scoreboard.

Then, with the gap between the two top teams in the conference at three, and three points also standing between Christopher Newport and their third consecutive conference title, Mary Washington began to claw their way back into the set and grabbed the next two points. Those two points would not be enough to deter the Captains as their front row rained down three kills from three different attackers onto their opponents to close out the set and secure the victory.

Had the Eagles been able to complete the comeback, this could have marked the first time since 2006 when Christopher Newport had not been in the NCAA volleyball tournament, which coincidentally was also the year that Head Coach Lindsay Birch, then Sheppard, took her husband's last name.

Following the selection show which took place on Nov. 11, the Captains Volleyball squad will be back in action on Friday, Nov. 15, when they face Stevenson in the NCAA tournament regional quarterfinals. ■

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

November 16th
Clint Black
8 PM, Ferguson Center

November 16th
CNU Tonight: Comedy Show
9 PM Gaines Theatre

November 16th
CAB: Karaoke Night
8-10 PM, Crows Nest

November 15th
"Ford V Ferrari" PG-13
"The Good Liar" R

"The Good Nazi" documentary sparks a discussion of moral choice

A new examination of fascism: CNU professors present contrasting viewpoints

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The documentary title, "The Good Nazi," might raise a lot of eyebrows, but for those in attendance at the showing, it started a discussion and possibly even answered some questions on morals and history.

The Gaines Theatre was nearly packed on Sunday, Nov. 10, when the Philosophy and Religious Studies Department offered a showing of the television documentary, "The Good Nazi." The documentary sheds light on the story of Nazi officer Karl Plagge and his attempt to save Jewish lives during the Holocaust. The documentary shows Aaron Professor of Jewish Studies and Dr. Richard Freund in Lithuania with a team of students and geologists uncovering a story that's been rumored for years.

Freund lead the discussion and the viewing of the documentary on Sunday and addressed the controversial title of "The Good Nazi." "I got a number of calls the past few weeks," Freund told the crowd. "People were asking me, 'Are there good Nazis?' That's going to be the question." Freund invited the audience, which was made up of students and community members alike, to make their own decision about whether the research and anecdotes from the documentary gave enough evidence to support the idea of a "good" Nazi. The documentary posed a challenging moral question and gave insight to a field that can lead to great human discoveries.

"People think archeology is about glass... and architecture," Freund said. "But archeology is really about people. Each little piece that we find

puts together a story." And the work shown in the documentary—discovering mass grave sites and secret hiding places-- was proof of that.

fering opinions and perspectives on the question: Is there, and can there be, a good Nazi? In asking this question, they considered the vast number

"Would I consider him a good Nazi? I mean, I would consider him a good human being."

The 52-minute documentary showed clips of Freund and his students at the site of the labor camp in Lithuania and personal anecdotes from survivors and escapees of Plagge's scheme to save the Jews. At the conclusion of the viewing, a discussion panel was held to provide input and answer questions from the audience. The panel included Freund, Dean of the College of Arts and Humanities Lori Underwood and Distinguished Professor of History and President Emeritus Anthony Santoro. All three panel members gave their initial thoughts before answering questions.

Santoro was quick to explain that in deciding if he was a good Nazi, nobody was claiming to support the Nazi party. "Let's stipulate," Santoro said. "There are no good Nazis... People that say you shouldn't kill little children and women--we shouldn't classify them as heroes."

Nobody disagreed with Santoro. The panel went on to share some dif-

of lives Plagge saved but also the role he played in serving the Nazi party.

Freshman Lauren Lingel is a student in Santoro's History 111 (Ancient and Medieval World) course and left the discussion with her own decision. "I didn't think there were any good Nazis--I still don't think there are any good Nazis," Lingel said. "[The documentary] definitely sheds light on the Holocaust in a way that it isn't usually portrayed."

Rakan Alzarqa, a senior that independently chose to attend the viewing, saw the conversation as intriguing. "...You can't apply broad labels to individuals, even those that have participated in horrendous things... it's always a case-by-case basis."

Even still, when asked if Plagge could be called a "good Nazi," Alzarqa hesitated and was considerate with his answer. "Would I consider him a good Nazi? I mean, I would consider him a good human being."

So, the debate still stands around

an almost dangerous question. After all, who wants to be the one to praise a Nazi? But to strip away the title and constructs of it all, the question may seem a little less intimidating. Alzarqa offered another perspective: "You know, you're working your way up a system that you soon realize is evil, do you denounce them at that onset or do you do everything within your power to stay within the system to kind of control that type of thing?"

The conversation could be never-ending and with many opposing and even valid points. When answering the question of the single lesson attendees should take from this film, Freund answered, "We all have a choice." This topic of a moral choice is something Freund repeated several times throughout the night as a major take-away from the documentary.

The documentary offered an educational, archeological piece to an untold story. But beyond that, it opened the door to a topic every community should address. Dean Underwood closed the discussion and left the audience with one final thought: "You can always do the right thing even in the most challenging circumstances."

Students that are interested in what Freund considers the "hands-on education" are encouraged to apply to his summer program in Lithuania by Nov. 15. ■

A NEW TELEVISION DOCUMENTARY

THE GOOD NAZI

NOVEMBER 10, 2019 AT 7 P.M. - GAINES THEATRE

The event commemorates "Kristallnacht," (German for "the night of broken glass") when across Germany on November 9-10, 1938, Jews and Jewish institutions were attacked and many destroyed by Nazi sympathizers. It is seen by some as the beginning of the systematic violence of the Holocaust that followed.

The film chronicles the search for evidence of a little-known rescue attempt of thousands of Jews by a Nazi officer in the midst of the Holocaust in Lithuania by Aaron Professor of Jewish Studies, Dr. Richard Freund, and a team of geoscientists.

It's a story of heroism and moral choices in the most immoral of circumstances. The program will be followed by a panel discussion by:

ANTHONY SANTORO
Distinguished Professor of History

LORI UNDERWOOD
Dean of the College of Arts and Humanities

RICHARD FREUND
Aaron Professor of Jewish Studies

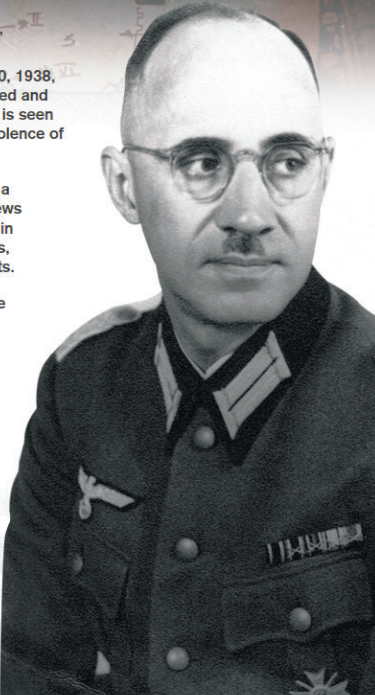
FREE AND OPEN TO THE PUBLIC BUT SPACE IS LIMITED.

TO REGISTER FOR THE EVENT:
<https://tinyurl.com/2019GoodNazi>

Before the documentary and following the discussion, light refreshments will be served.

CHRISTOPHER NEWPORT UNIVERSITY

SPONSORED BY THE AARON JEWISH STUDIES PROGRAM FUND AND THE REIF CENTER FOR HUMAN RIGHTS AND CONFLICT RESOLUTION




Professor Richard Freund (Far Left) and his team analyze maps and drawings, which could lead the team to locate secret tunnels in Lithuania, which Plagge used to save hundreds of Jews. **IMAGE OBTAINED FROM VISION TV**

Go through time with poetry

Are you in search of a recommended collection of poetry books?

SHANNON GARRETT

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Poetry is one of the most emotional forms of literature created to explore ourselves and the world we see around us. Some of the poetry out there is thought-provoking, wise and beautiful, and sometimes it is just awful. The poetry I've read has been, mostly by chance, more beautiful than ugly. After all, the quality of a book cannot be judged by the cover alone.

The books of poetry I picked to recommend were those I connected to on an emotional level, as poetry should, or that I truly had a lot of fun reading. This collection was chosen because each book had qualities that put them above the rest.

"The Wild Party" by Joseph Moncure March

"The Wild Party" by Joseph Moncure March is a narrative poem made up of syncopated rhyming couplets and was written in 1928. It's about a party that's set in the Roaring Twenties that slowly turns into a night of wild debauchery, with a minor love triangle between the main charac-

ters Queenie, Burrs and Mr. Black thrown in as well.

This book is perfect for those wanting to read a longer piece of poetry or a poem that creates a story. For those wanting to read poetry not written in the last 50 years, "The Wild Party" fits the bill.

Available on Amazon in both paperback and hardcover.

"Love Poems" by Pablo Neruda

"Love Poems" by Pablo Neruda is a collection of many of Neruda's poems on love and his relationship with the woman he loves. It was written in 1952, and many of the poems originated from the relationship he had with Neruda at the time.

Each poem in the book, be it long or short, expresses the feeling of love and desire. This book is nothing but a celebration of those feelings. One of the most interesting details of the book is that each poem has both a Spanish and English version, so it's good practice for those who take Spanish. "Love Poems" would also make a good Valentine's Day present for a person's significant other.

Available on Amazon and Barnes & Noble in paperback, ebook and

audiobook.

"Milk and Honey" by Rupi Kaur

"Milk and Honey" by Rupi Kaur is a collection of both poetry and prose that is poetic in nature, and it deals with themes such as loss and femininity. It was written in 2014 and is more modern than the previous two recommendations.

The poems are much simpler and shorter, but the messages can still pack quite a punch. The discussion of loss and femininity in one book can be difficult to pull off, but Kaur handles them in a graceful and relatable manner. Women writers and modern poetry should be supported because they are taking the genre into new and interesting places. "Milk and Honey" is the ideal poetry book for those wanting a quick yet emotional read.

Available on Amazon and Barnes & Noble in paperback, hardcover, audiobook and ebook.

"Fierce Fairytales: Poems and Stories to Stir Your Soul" by Nikita Gill

"Fierce Fairytales: Poems and Stories to Stir Your Soul" by Nikita Gill is a collection of fairytale re-

tellings and original tales that are poetic in nature for women of this generation. It was written in 2018 and is more modern, the same as the previous recommendation.

This book has a rather feminist stance, in that the women are much more complex and proactive than in most fairytales. It's a mixture of familiar fairytales given a new spin and original tales given life. "Fierce Fairytales" is perfect for those who love fairytales and stories that focus on women and their choices. There are also many beautiful illustrations inside.

Available on Amazon and Barnes & Noble in paperback, hardcover, ebook and audiobook. ■

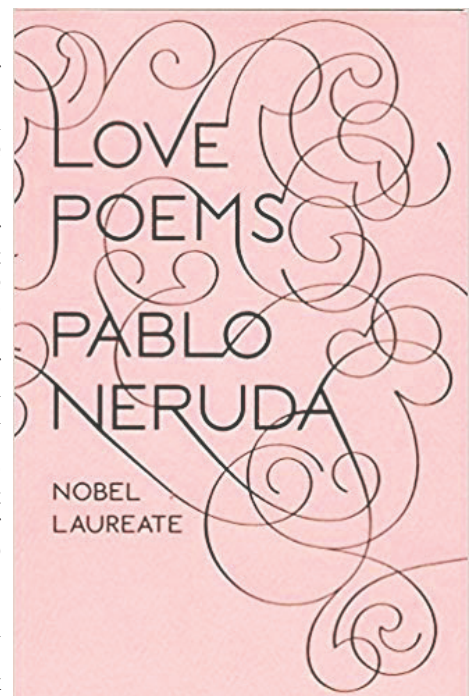


IMAGE OBTAINED FROM AMAZON

Want to write for the A&E Section?

Contact:

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Review: "Mother Earth's Plantasia"

Warm earth music for plants... and the people who love them.

MATTHEW TRAVERSA

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This album, originally released by Mort Garson in 1976, was actually made to be given away in the plant store "Mother Earth," thus the name. Over the years, the original masters were lost, along with most copies of the album. In 2018, however, Sacred Bones Records began efforts to restore this album to its former glory, and in mid-2019, the album was re-released. A new master had been created from some of the few remaining vinyl records, digitally cleaned up and repressed. Now, for the first time in thirty years, you can own your very own copy of "Mother Earth's Plantasia," an investment well worth its price.

This album starts with one of the most beautiful atmospheric tunes I have ever heard, named simply "Plantasia." I highly recommend listening with both headphones on, as the way Garson plays with audio and its

channels are brilliant and enamoring. This song specifically sounds almost like a ballad, with the sounds of a fully synthetic band with a higher whistling sound seemingly the leading voice of the track.

The other-wordly noises on this song, along with the rest of the album, are attributed to the instrument being played, known as "The Moog." This was an early synthesizer, which according to Garson's daughter, was what made him switch from writing music for pop stars like Doris Day and Glen Campbell, to making this style of music.

The rest of the album, however, is also worth note, mostly due to its ability to go without notice. This album is truly a masterpiece for the background listener since it is able to function as a backing track for most occasions, while still being beautiful if you decide to pay closer attention. Some honorable mentions being "Baby's Tears Blue," which sounds like a noir detective song

mixed with a later wall of sound style. "You Don't Have to Walk a Begonia" sounds like a carnival from your dreams and "Swingin' Spathiphyllums" - I know- sounds like a pop song if a keyboard were the whole band.

"Mother Earth's Plantasia" stayed true to its roots with re-release too. Although it is available for digital listening on platforms like Spotify, if you purchase the album (which comes in plant green), you get a booklet full of plantcare tips and stories, as well as a digital download card made from a paper ingrained with wildflower seeds. You can plant this card to grow flowers.

While this album was designed for plants, they will not be the only ones made happier by listening to this album. Perfect for escaping a bad mood or for escaping thoughts in general, this album is the warm earth noises that I think we could all use a little more of. I give this album a solid 8/10; high praise for a well deserving album. ■

MOTHER EARTH'S

Plantasia
warm earth music for plants...
and the people who love them



STEREO LP

SACRED BONES RECORDS SBP-0030

IMAGE OBTAINED FROM DAZED

An evening of advocacy and ethical fashion

CNU's chapter of IJM puts on fair trade fashion show "Freely Made"

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The DSU Ballroom was aglow with the strings of Christmas lights that lined the edges of the stage, and the high-ceilinged room was filled with the excited chatter of students. The "Freely Made" fashion show drew all kinds of different crowds from the CNU community as excited attendees cheered their classmates and friends on as they strutted down the runway.

Christopher Newport's chapter of the International Justice Mission (IJM) held their annual "Freely Made" fashion show and advocacy event in the DSU Ballroom on the evening of Friday, Nov. 8.

The event continued in several different sections that all contributed to the overall goal of the night, which was to raise awareness for the plight of unfair labor practices around the world that many fashion companies in the industry rely on to support their companies.

IJM's objective is to advocate against modern-day slavery in all of its forms, including human trafficking and child labor. The

goal of the "Freely Made" fashion show was to raise awareness for those who are trapped in unfair labor practices such as the fast fashion industry, while also encouraging the community to support fair trade companies that engage in practices that ensure workers are paid a wage they can live off of.

Kenzie Wolfe, the vice president of IJM at CNU, emphasized that the intention of the night was to be fun as well as educational, as the focus was on raising awareness for unethical practices but also how students could do their part to help eradicate them and "[be] more ethically-minded consumers."

Before the fashion show began, Kelly Hazzard, IJM's treasurer at CNU, gave an educational presentation for the audience on ethical living as a college student and the dangers of fast fashion.

She said, "Fast fashion is our cheap, trendy clothing that samples ideas from the catalogs and celebrity culture and turns them into garments and high-street stores at breakneck speed... Over 40 million people are slaves today. This includes labor traffick-



Students paraded down the runway in the DSU Ballroom modeling a variety of looks involving ethical fashion companies.. PHOTOS BY ANNA DORL / THE CAPTAIN'S LOG



Jewelry for sale from Trades of Hope, a fair trade company, are presented for sale next to a sign advocating against human labor trafficking.

ing and sex trafficking. There are 20.1 million trapped in the labor trafficking industry alone and that happens in the U.S. as well as abroad."

She presented the audience with a list of popular stores and companies that rely on fast fashion to supply their clothing or other unethical and unsustainable practices, such as Forever 21 and H&M.

After Hazzard's presentation, a second speech was given by Valentina Ferreira, the Campaign and Communications Specialist at the International Justice Mission headquarters in Washington, D.C.

She discussed the issue of different kinds of slavery around the world, and she told the true story of a man named Ron, a Cambodian farmer who was tricked into becoming enslaved on a shrimp fishing boat. Ferrerira explained that although he was not enslaved in the name of fashion, the concept of slavery was still the same.

"Today, you hear the word 'fish,' but if you change the word 'fish' to 'fashion,' it's the same thing," she said. "Someone somewhere is being exploited, and violence is caused

upon them for the sake of consumerism. Four billion people live outside of the protection of the law," she said.

"We at IJM are here to protect the poor from violence. Not by busting down doors and rescuing people, but instead by working with local government to equip and train those in their local countries that are afflicted by violence."

When Ferreira's presentation was over and the students in attendance had gained a better understanding of what human exploitation looked like in terms of the fashion industry, the fashion show finally began.

About 30 different models from different organizations within the CNU community took to the runway, modeling a variety of different looks, such as business attire, seasonal outfits and loungewear.

Each of their outfits were comprised of items that were ethically made, meaning they come from companies that engaged in fair trade. This communicated to their audience that they do not have to compromise their morality for the sake of fashion. Students in the audience cheered as they saw their friends and members from their organizations

take turns strutting across the stage. At the end, all the models came out and walked the runway one last time together.

When the fashion show was over, members of the audience were invited to shop around at the different tables lining the edges of the ballroom where different vendors from fair trade companies were ready to sell their wares.

Vendors included the Noonday Collection, Trades of Hope, Women At Risk International and the Threads pop-up shop, where attendees could purchase thrifted and donated clothing to benefit some of IJM's many rescue missions. Each of the vendors shared the collective mission of fair trade and ethical fashion, with many of the items they sold coming from individual artisans all over the world.

The "Freely Made" fashion show presented by IJM at CNU was a night of "fair trade celebration." Students may have come to the event not knowing the first thing about ethical fashion and consumerism, but left with full hearts and minds, and maybe a full shopping bag full of fair trade products as well. ■

Business booms for “Beads by Molly B.”

CNU sophomore Molly Birken finds success in selling handmade necklaces

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How many times have you heard yourself and your fellow college students complain about needing money? Probably a lot, but some students at Christopher Newport have creative side jobs where their target market is other college students.

Molly Birken, a sophomore at CNU, is one of these students who created her own handmade crochet necklace business called Beads By Molly B.

Birken just started her business over the summer of 2019 and has already had a lot of success with selling her unique products.

She has utilized social media as her main platform to sell her products through Instagram

direct messaging.

Her Instagram account can be found at @beadsbymollyb, where she posts images of the different pieces she makes that are ready to sell to customers. If a certain product in a post catches someone's eye, they can direct message her to buy that specific one, or they can even ask her to make them a customized order.

Birken described how she decided to start selling her necklaces. “My grandma taught me how to crochet when I was little and my mom bought me a similar necklace, so I decided to try and see if I could make some for myself and I got a lot of compliments on them on campus so I decided to start selling,” she said.

Birken's business became so popular over social media that

she even ships her necklaces to different states. “I ship a lot of necklaces to people who live in other places. I've sent to people as far as California.”

In addition to necklaces, Birken also makes bracelets that cost \$5 each and anklets that cost \$12 each. All the necklaces range from \$15-\$27 depending on how complex each one is.

She has also come out with letter charm necklaces where anyone can customize their initials, full name or even the name of their sorority. Birken's whole collection is very extensive as well as affordable for college students.

Having a side business in college may seem like it could be challenging to juggle the demand from customers, as well as schoolwork on top of it all. Birken also works as an FDA here at CNU; however, she is able to keep up with orders without stress. “I am very lucky to have found a good balance between filling orders and work and schoolwork,” she said.

If you would like to check out her collection of necklaces, you can find them on her Instagram @beadsbymollyb. Birken says that her most popular product is “the longer crochet necklaces.”

She is also currently having

a Christmas sale, and she said, “If you order before December 1st, your order will be 15 percent off. If you order two pieces you will get 20 percent off, and all orders of three or more pieces will be 30 percent off.”

College students who find themselves complaining about not having money may have a talent like Birken does that they can use to their advantage.

If you want to create a side business like Beads by Molly B. to make a little extra money for yourself, think about what your brand could be and give it a shot. It never hurts to put yourself out there and try. ■



(Above) Two of Birken's hand-crocheted creations. (Right) Beads by Molly B. sells necklaces of all different varieties. PHOTO BY MOLLY BIRKEN / THE CAPTAIN'S LOG

Why Poshmark doesn't miss the mark

Does the popular clothes vendor app really live up to its hype?

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Recently when I was searching for more affordable and stylish clothes that fit my college student budget, I was turned on to a few thrifty shopping apps that my friends use. I am usually the kind of girl that dresses simply, and that means running shorts/leggings and oversized t-shirts.

Luckily, my seemingly styleless college experience changed when some friends showed me an online shopping app called Poshmark. This app, which has over ten million downloads, has

been a lifesaver for my closet.

This app is fun and easy to use; it includes options to not only buy clothes and other accessories, but to sell them as well. You can buy and sell anything from shoes to dresses to makeup from an array of popular brands such as Free People, Lululemon, Nike, J.Crew, Coach and more. No matter your style, I can almost guarantee that you can find clothing more than just “good enough” for your closet here.

On the very first day that I downloaded the app, I purchased three distinctly different Free People sweaters, each

for \$40 or less, almost half of what they would normally cost if I had bought them on their website. I am not a big fan of going out and shopping for clothes, so I love having the option to buy fashionable, on-brand clothes on a reliable app like Poshmark for a price that does not break the bank.

One of the features that I really love about this app is the ability to bargain about the price of an item. If you like an item but the price is just too expensive, there is the option to counter-offer, and the seller can then either accept or decline your offer. A few of my offers

were accepted and I got nearly 30 percent off multiple of my orders.

Another feature on the app allows you to “like” a clothing item in order to save it for later. All of the clothes you liked are stored in a little folder that you can come back to when you want to buy them later, like after getting a paycheck.

When you like a clothing item and it is placed into your folder, the seller of that item also has the option to offer you a discount. It can be something like 5 percent off shipping or simply \$10 off the item in general. This is also a great way to save money

on Poshmark, and if you are asking the question of “do I really want to pay for this?” Well, when you get that notification of the new discount, that question has been answered for you.

I highly encourage every thrifty guy or fashionable gal out there to try out this app if you like on-brand clothing but don't have the means to purchase them from retail sellers.

For those people who hate the hassle of going out shopping and buying clothes, like me, you will love having the option to purchase the very same clothes on a free, fun and thrifty app like Poshmark. ■

Actions Speak Louder

Words have value, especially when they're used to make a promise. But the most important thing about a promise is the action you take afterward. At Dominion Energy, we believe in taking action – to deliver on our promise to help people, communities and the environment.

Solar

Since 2015, we've increased our solar panels in Virginia to over 2.9 million. We now own the 4th largest utility solar portfolio in America.

Wind

We're developing the largest offshore wind project in the U.S., which will produce enough energy to power 650,000 homes by 2026.

Community

We promised to help out neighbors in need with our EnergyShare[®] program, assisting individuals and their families with bill payment and energy saving upgrades. As of today, the program has helped more than 850,000 people.

Lower Prices

And to help residential customers, we've kept our prices 9%* below the national average.

Turning promises into reality is what defines us. That's why we're proud to invest in what we believe in, and what's important to you.



Actions Speak LouderSM

*Source: U.S. Energy Information Administration, as of 9/24/2019