



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Red Dress Gala? What a Slam!

Over the course of one week, the sisters of Delta Gamma and Alpha Phi raised thousands for their respective philanthropies.

BY BEN LEISTENSNIER
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It was a successful philanthropic week for the Greek community at CNU, as Delta Gamma and Alpha Phi both hosted some of their biggest fundraising events. DG's "Do Good" week and Anchor Slam, and Alpha Phi's Red Dress Gala combined to raise thousands of dollars.

"Do Good" week

Members of Delta Gamma know the phrase "Do Good" particularly well. Back in 1873, the founders chose the letters Delta and Gamma to represent their organization.

The motto remains important to sisters both at CNU and across North America even to

this day, as the national organization scheduled its third annual "Do Good" week.

"Doing good to us is not just about community service, it is also about being kind and accepting of others every chance we get," said Laura Foronda, the philanthropy chair for DG. "Our chapter can be very diverse, but at the end of the day, we still have that same value of 'doing good.'"

CNU kicked off its chapter's week-long philanthropic celebration by cohosting a blood drive on Monday Sept. 12 with the service fraternity Alpha Phi Omega.

On Tuesday, the sisters welcomed Tucker Casanova, the

PHILANTHROPY
CONTINUED ON PAGE 3



(Top left) Raising money for the Alpha Phi Foundation, Red Dress Gala attendees had the opportunity to converse with the sisters of Alpha Phi—all of whom were wearing red. (Above) Caroline Richardson attempts to dribble past a defender at Delta Gamma's Anchor Slam, a 3-on-3 basketball tournament. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

News 4

Construction 2020: A look at projects scheduled to be started or finished before this year's freshmen graduate.

Snapshot 8/9

CAB Presents: Fall Fest. A look at the annual event in photos.

Sports 11

The magic continues: The football team demolished nationally-ranked Wesley to remain undefeated.

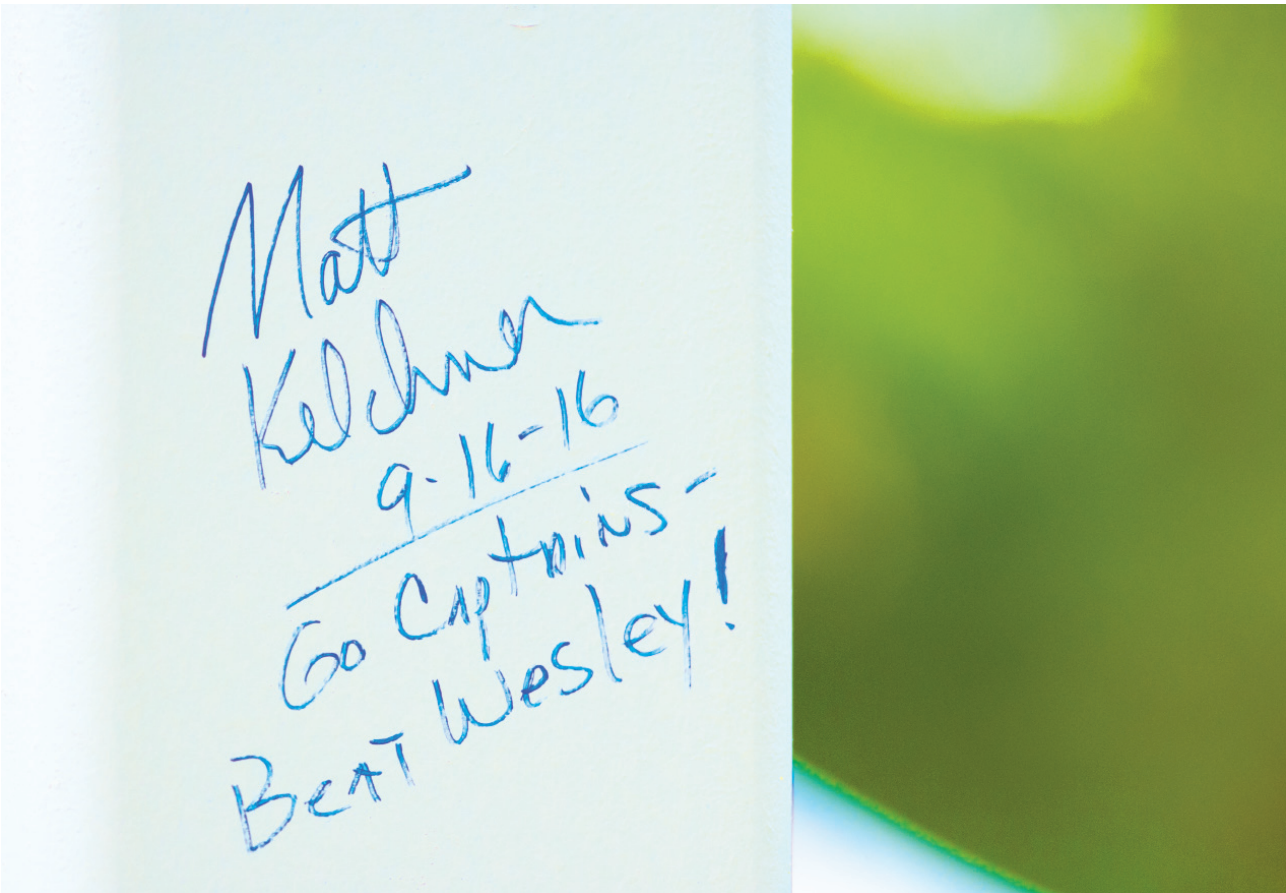
A&E 12

Top-tier collaboration: Jazz Ensemble set to perform with U.S. Army Band.

Lifestyle 14

Fall CAB events at a glance: An overview of the remaining events during the fall semester.

Weekly pic



Members of the CNU community were invited to a column signing ceremony at the Alumni House on Sept. 16. Among this crowd was the head coach of the football team, Matt Kelchner. He included the message “Go Captains—Beat Wesley!” His message came true the next day, as he led his team to a 42-28 victory over the 17th-ranked Wolverines. **Photo by Ben Leistensnider/The Captain’s Log**

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Fall CAB Events Preview

Happened

- Sept. 14**
Anchor Slam
The sisters of Delta Gamma hosted their first annual Anchor Slam and raised over \$5,100 for their philanthropy, Service For Sight.
- Sept. 9**
Board of Visitors Meeting
Last Friday at 1 p. m. the Board of Visitors Meeting took place in the Board Room in the DSU. Achievements from Setting Sail, student life initiatives, and building projects were highlighted by the committees. Scott Millar, a CNU Alumnus, was elected to the Rector Position.

Happening

- Sept. 22**
Homecoming 101
This final meeting of Homecoming 101 is mandatory for any organizations or individuals interested in being a member of the Homecoming Court.
- Sept. 23**
Fight Like A Girl
This Friday from 2 p.m. to 5:30 p.m. in the Freeman Field House, ZTA will host an inflatable jousting tournament for a \$3 fee.
- Sept. 24**
Playing for Change Benefit Concert
The sisters of NKE will be hosting a benefit concert on Saturday at 2 p.m.



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The Captain’s Log Staff
2016-2017

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

- **Email:** clog@cnu.edu
- **Drop off:** The Captain’s Log newsroom, DSU Suite 393

JOIN THE STAFF The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 6:30 p.m.

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FROM THE FRONT PAGE



hospital and community education coordinator of the Lions Medical Eye Bank, to spread awareness about eye health.

This speaker tied into DG's national philanthropy: Service for Sight.

Service for Sight aims to provide children who are blind or visually impaired with specialized skills to help them prosper. To date, Delta Gammas have helped found four schools dedicated to that purpose.

One of the most exciting nights of the entire week came on Wednesday with the first Anchor Slam—a three-on-three basketball tournament.

In total, the event raised over \$5,000 for Service for Sight.

After a community service mixer on Thursday with the men of Psi Upsilon—during which the two organizations made goodie bags for Hidenwood Elementary School students—“Do Good” week concluded with the sisters providing free sight and hearing screenings on Friday Sept. 16.

20,000
the number of
volunteer hours
contributed
during the 2015-
2016 school year

“Each year, Red Dress Gala reminds me and my sisters of how important our philanthropy is and how much of a difference we are making.”

– Stephanie Case,
Red Dress Gala Chairperson

Red Dress Gala

Later that same day, a sea of red could be seen making its way to the Ferguson for the seventh-annual Red Dress Gala.

Hosted by the sisters of Alpha Phi, the Red Dress Gala featured a silent auction featuring 90 different lots and performances by the CNU a cappella group Newport Pearls and a live jazz band.

It raises money for the Alpha Phi Foundation, which—along with supporting sisters in need, encouraging academic excellence and providing leadership development—aims to improve women's heart health.

Heart disease is the number one killer of women, which is why the cause is so important to the Foundation, said Stephanie Case, the Red Dress Gala chairperson and assistant director of philanthropy.

“Each year, Red Dress Gala reminds me and my sisters of how important our philanthropy is and how much of a difference we are making.”



(Top) Sisters of Alpha Phi stand with some of the items for auction as they talk with an attendee. (Above) Delta Gamma members wore their motto of “Do Good” on their sleeves—and their backs. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Although official numbers were not released before press time, the Red Dress Gala is Alpha Phi's largest philanthropy event. Last year's event raised \$21,000 dollars—shattering the \$13,000 it had raised the year before.

Greek community service

As a whole, the Greek community seeks to remain engaged with their local community and national philanthropies. Each week, there are numerous events going on, which helped

the Greek community at CNU raise over \$60,000 last year and accumulate 20,000 hours of community service.

The hours are accumulated in a variety of ways. Some are planned events, such as when junior Rico Francis and Psi Upsilon helped gather members of the Greek Community to welcome elementary schools to the first day of classes on Sept. 6.

Other times, individuals choose to just go and volunteer their spare time at local organizations. For instance, sisters of

\$60,000
the amount
raised during the
2015-2016 year

Gamma Phi Beta go and volunteer at a local branch of one of their philanthropies, Girls Inc.

There are plenty of upcoming philanthropic events as well. For example, Zeta Tau Alpha is hosting its Pinktober events to raise money for breast cancer awareness. ■

What's New CNU? A Discussion on Construction



Concept photo of The Paul and Rosemary Tribble Library renovations and add ons. PHOTO COURTESY OF CNU OCPR

CNU's next phase of construction is underway. Projects include a larger library, a bigger dining hall and an expanded Greek Village.

BY SAMANTHA SPATA
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Considering the high rate at which CNU has been expanding and renovating its buildings in the past few decades, the construction lineup for the near future is extensive. Here's a list of what to expect on campus over the next few years.

In Progress:

Bulldozers are roaming the green, plastic enclosure behind Regattas. Men in hard hats are adding the finishing touches to the Alumni House near McMurran.

The Tribble Library's collections area is closed off from the public. The following is an updated recap on the currently-underway construction projects on campus.

In response to complaints concerning limited dining hall seating, the Regattas expansion is underway and, according to Tom Kramer, CNU's director of external relations, is set to add an additional 300 seats, a second floor and additional restrooms.

It is scheduled to open its doors for the first time in August of 2017.

The current construction project on the library will

provide an extra 800 seats, additional quiet rooms and classrooms and enough extra space to hold 1,000,000 volumes of books.

According to Kramer, they are determined to build up the Tribble Library into a "top-tier" academic library, recognized across the nation for its grandeur and its wealth in volumes.

This renovation project should take approximately two years.

The unfinished building off of Shoe Lane behind York River West is the Alumni House, which, according to Kramer, will soon hold visiting alumni, events and honor the history of our university.

This past Friday, Sept. 16 in fact, the , marked the first annual "signing of the columns," a new tradition wherein alumni sign their names on the Alumni House's columns.

This construction project will be complete by the end of this year.

For the Future:

While evidence of these projects are yet to be seen around campus, their concepts and plans are on paper and undergoing preparation for future enactment.

A Fine Arts Center will

be found near the Ferguson Center in the later future. Kramer says that this new building will house the fine arts and art history departments and have easy access to the Ferguson concert halls.

The construction dates for this project are yet to be determined.

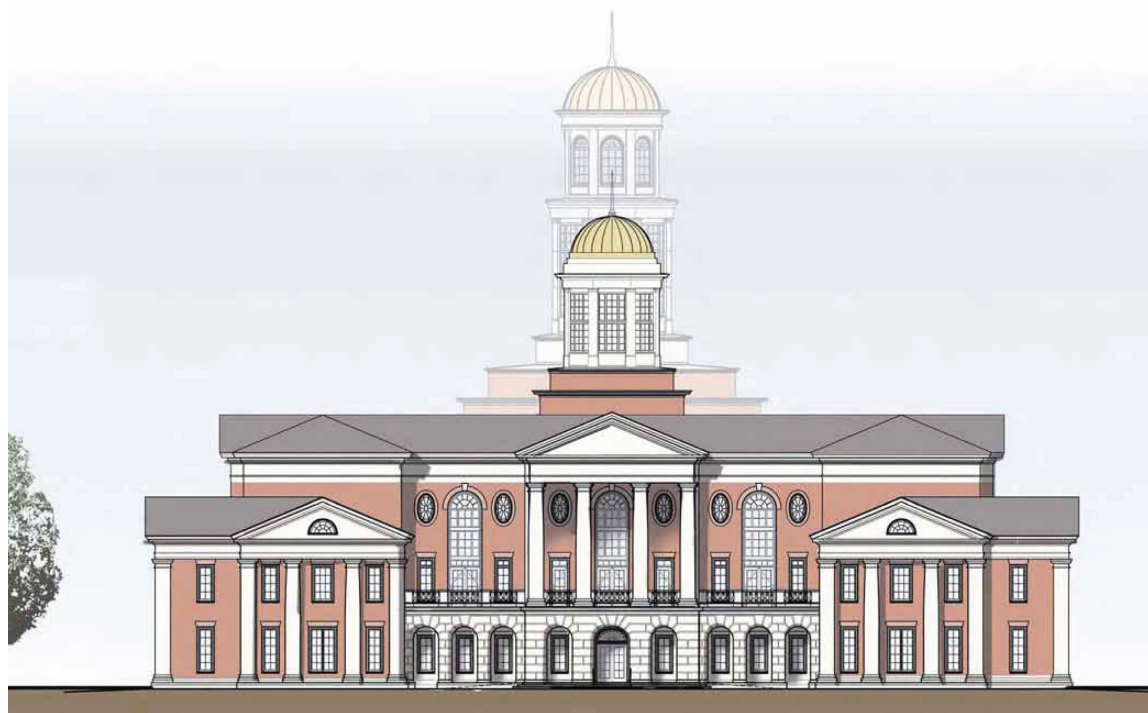
Also, plans to expand the Greek Village and to build additional Greek housing on campus are currently in the making.

According to Kramer, we should expect the new houses to be of a similar style to that of the newly established Greek houses, with space for bedrooms and entertainment.

The construction dates for this project are also yet to be determined.■

By the Numbers:

- **300 Dining Seats**
- **1,000,000 volumes moved**
- **800 Library Seats**
- **Dining Hall Opening: Aug. 2017**



Concept photo of the DSU and the added on space for Regattas. PHOTO COURTESY OF CNU

Mindfulness Comes to CNU

The practice of being mindful has taken what seems to be the entire world by storm, next stop: CNU.

BY MELANIE OCCHIUZZO
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Recently, the word mindfulness has become a household term, turning the image of a Zen-like yogi into a much more relatable common figure practicing mindfulness.

Mindfulness is defined by Webster's dictionary as the quality or state of being conscious or aware of something.

Kevin Joyce, Licensed Professional Counselor/Staff Counselor with the Office of Counseling Services here at CNU recently got permission to teach a six-week module on mindfulness.

He was initially prompted by Lisa Powell, Director of the Freeman Center, to lead a short seminar on mindfulness as part of the healthy foundations program the Health and Fitness Center is leading this semester but his mindfulness practice goes far beyond that.

Starting in the fall of 2012, Joyce was leading several small mindful sessions with individuals and small groups of students on campus.

He himself has gone to a retreat on mindfulness and pulls most of his wisdom from Jon Kabat-Zinn, a mindfulness instructor.

"Mindful living is healthy living," says Joyce.

He hopes that the introduction of mindfulness courses to the campus will give students a structured way of learning to be mindful in everyday life.

Jon Kabat-Zinn teaches a similar class to Joyce's but does it in eight weeks rather than six.

The main difference between Zinn and Joyce is the manner in which they teach mindfulness to their students.

Zinn focuses more on a mindfulness-based stress reduction structure while Joyce is more focused on educating students

using Zinn's Seven Pillars of Mindfulness.

Joyce also focuses on what he calls "the practice of loving kindness, cultivating joy in a mindful way."

This is central to the six-week module and is essentially the goal of these initial mindful classes.

"Keeping the options open is key," Joyce emphasizes.

He wants to continue to teach these classes and eventually vary the content in the future in order to best teach each class.

He comments on how you have to get a feel for the room before you can really decide what to focus on in a mindful session.

The fact that there is a small fee of \$25 for the six weeks of class also makes a difference in the kinds of students who will attend these modules.

"Charging a fee for the class equates to a psychological

buy in or it equates to a higher value," Joyce explains.

"Students really need to be immersed in a structured practice and put in the effort to let mindfulness make a difference in their lives," he continues.

These classes are sponsored directly by the fitness center but Joyce foresees himself branching out into teaching these classes in other capacities, separate from his duties as a staff counselor at CNU.

While the impact of these classes on campus is hard to gauge, Joyce says, "it's worth it to me if it only impacts just a few students."

He explains that just by mentioning mindfulness



as an option for taking care of one's mental health plants a seed that will eventually grow into someone later down the road pursuing mindfulness. ■

The next
mindfulness
sessions will run
starting Oct. 21

Column Christening: A New Kind of Signing Day



CNU students, alumni and staff each take a turn at christening the newest addition to CNU's Campus: the Alumni House.

BY BEN LEISTENSNIER
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In construction, a topping off ceremony is a tradition in which individuals sign the last beam or girder to be added to a project as a way to leave a lasting legacy on the building.

The university community gathered for the Alumni House's topping off on Sept. 16 with a CNU twist.

Following speeches by Baxter Vendrick—the director of alumni relations—and Scott Millar—a class of 1985 alumnus and the Board of Visitor's newest Rector—alumni, faculty, staff and even current students were invited to sign the frames of the four columns in front of

Alumni Kevin Lyles ('85) and Lizzy Wall ('16) were just two of the individuals who signed a column at the Alumni house on Sept. 16.

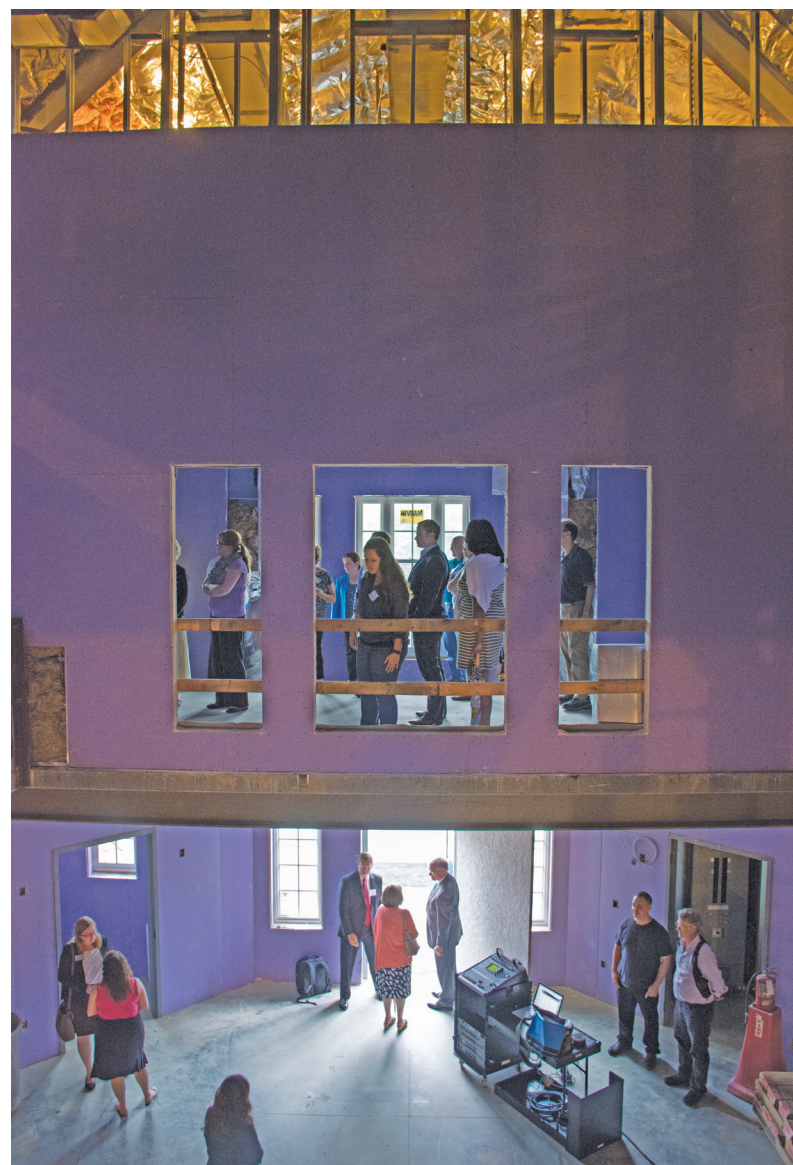
the new building.

Vendrick also offered tours through the still-under construction building, explaining what the interior would look like when it was finished.

Courtney Leistensnider, a graduate of the Class of 2016 and currently one of the Admission Fellows, said that the event made her realize what being a part of the CNU alumni community is about.

"The column signing was a chance for me to really visualize the fact that you are a Captain for life. As a new alum, I loved being able to see some of the first Captains mingling with more recent Captains."

The Alumni House, which is yet to receive its official name, is set to open at the end of the year. ■



Tours of the still under construction Alumni House were also provided at the event. PHOTOS BY BEN LEISTENSNIER/CAPTAIN'S LOG

In defense of the university



While some are angry about the university’s decision to close the Collections area, some see it as a step into the future. BEN LEISTENSNIER/THE CAPTAIN’S LOG

BY NICK WELHAM
CONTRIBUTING WRITER

As somebody who works on a daily basis with University administrators and senior staff members on behalf of some of the most visible organizations on campus I feel compelled to state my contempt for the arguments put forth in the Sept. 18 article concerning the Paul and Rosemary Tribble Library expansion.

It is deplorable that any article in this publication (be it news or opinion) should ascribe motive to its objects without any prior attempt to engage them. I have seen this article called “thought provoking” and “well thought out” on social media too many, when it is neither of those things.

As such, I feel the need to address (and dispel) several of its core arguments.

The planned expansion to the library is the pinnacle of CNU’s “students first” ideology. Every year the President’s office hears more about the need to expand our library than it hears about every other issue concerning campus combined.

The most recent library expansion opened in spring 2008 when the residential population on campus was about 2,700. The new expansion allowed for 250 total seats.

In the past eight years the residential population has grown to 3,800. Now instead of being able to seat about 10 percent of residential students at any given time, the library can only accommodate 6.5 percent.

This is why even though the new expansion will only represent an 80 percent increase in square footage it will more than quadruple the number of seats to 1,100 (fully 30 percent of the residential population).

As the author of the previous article admits, there is never enough space during exam times. It could even be difficult to find a space on a normal Sunday night. The old library was inadequate for student’s needs and while I too lament the loss of one of my favorite study spaces,

I take heart in the fact that new generations of Captains will not struggle to find a place to study and learn as I did. It will cause some pain in the short term,

but the long term gain is immeasurable.

The author was right, Christopher Newport University is an experiment. More precisely CNU is the product of a vision that President Tribble and his team have worked to make a reality over the last 20 years.

The result is now the third most selective university in the Commonwealth of Virginia, falling behind UVA and William and Mary.

Each freshman class is more successful than their predecessors; and each graduating class more prosperous than their precursors. CNU is an experiment, a successful and thriving one.

The notion that new construction and intense grounds keeping exists only to attract students to campus is absurd. Is attracting new students one of the motivations?

Absolutely.

The university has residence halls and classrooms to fill so yes, bringing in more high quality students is important. But the goal of putting students first is conducive in this case to giving students better facilities to learn in, inside and out. World class facilities enable better

learning.

Finally, a pet peeve: can we all please agree to stop talking about the money spent on the Bell Tower? News flash, the money for the project was made up entirely of private donations. It was not taken out the budget for professors, other buildings, or the dining halls.

Somebody made it rain and to be honest the Bell Tower is pretty cool, so we said “screw it, let’s build the thing” (probably not the exact words used) and the rest is history.

The constant construction can be annoying, but I take heart in knowing that when I walk into job interviews a year from now, come back to school for reunions, and one day send my kids to CNU the school will have a sterling reputation, outstanding students, and world class facilities that will lend it (and me) credibility.

These improvements are not solely attempts to attract donors, cement a legacy, and spend money for spending’s sake. They are not undertaken on a whim, without a long term vision; rather they are the very embodiment of a “students first” ideology. ■

WEEKLY PUZZLES

Across

1- Street show; 6- Auntie of Broadway; 10- PC alternatives; 14- This is only ____; 15- Not closed; 16- Asian inland sea; 17- Move rhythmically; 18- ____ facto; 19- Grandma; 20- Grand ____ Opry; 21- The act of restoring; 24- Is unobliged to; 26- Hammerlike tool; 27- Campaigned; 28- Worship; 30- Humped ruminant; 33- Freeze over; 34- KGB counterpart; 37- Melt; 38- Smidgens; 39- Singer k.d.; 40- Inexperienced; 41- Comic DeGeneres; 42- Not as many; 43- Cobb, e.g.; 44- Electrically charged atom; 45- Birthplace of St. Francis; 48- Normally; 52- Having existed 100 years; 55- NATO member; 56- Coup d' ____; 57- Lena of "Havana"; 58- Sticker; 60- Ripped; 61- Let's just leave ____ that; 62- Cream of the crop; 63- Lulu; 64- Room in a casa; 65- Like non-oyster months;

Down

1- Radioactive gas; 2- ____ of Two Cities; 3- Actress Zellweger; 4- Corner key; 5- Endless; 6- Damp; 7- PDA entry; 8- You've Made ____ Very Happy; 9- Immense; 10- Sleeveless cloak; 11- Thin as ____; 12- Boat often made of birchbark, canvas, or fiberglass; 13- Slope; 22- Ages; 23- Over-50 org.; 25- Sketched; 28- Behaved; 29- Faculty head; 30- Geom. point; 31- I get it!; 32- Mouth; 33- Kansas city; 34- Crow call; 35- Serpent's tail?; 36- Cabinet dept.; 38- State in the central United States; 39- Tuneful Horne; 41- Comfort; 42- One who establishes; 43- Brooding hen; 44- This ____ test...; 45- Vinegary prefix; 46- Attack; 47- Entrap; 48- Utah's ____ Mountains; 49- Desi's daughter; 50- Atty.-to-be exams; 51- Some locks; 53- Neighbor of Sask.; 54- Iranian coin; 59- Building add-on;

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Complete the grid so each row, column and 3 x 3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to Sudoku, visit www.sudoku.org.uk

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Freshman Mario Byrd rides one of the more popular attractions at Fall Fest, the mechanical bull.



Students participate in pumpkin decorating after choosing a pumpkin from a pumpkin patch. Other activities in the plaza were do-it-yourself cupcake decorating and face painting. **PHOTOS BY BEN LEIST**



Animal Sun was one of the five bands that performed in the Tribble Plaza. This was part of an effort to collect donations for one of their philanthropies, the B+ Foundation. The foundation provides financial and emotional support to families with children who have cancer.

One of the attractions was the velcro wall provided by Big Top Entertainment, who also provided other festivities.



pumpkin patch on the Great Lawn. Other activities that students could participate
ENSNIDER AND MELANIE OCCHIUZZO/THE CAPTAIN'S LOG



hosted by KDR in
This foundation
cer.



Free food was another perk of Fall Fest. Brothers of KDR pre-
pare apple cider for students. Some food options included
pumpkin pie and candy apples.

Fall Fest was
hosted by CAB
on the Great
Lawn on Friday.
The lawn was
decorated with
fall staples
such as hay,
corn stalks and
pumpkins.

CAB Presents: *Fall Fest*

Campus Activities Board's annual Fall Fest allowed some students to relax and get ready for the fall season.

BY MACY FRIEND
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Sunny, 72 degree weather welcomed students to the Great Lawn for Campus Activities Board's (CAB) annual Fall Fest Friday afternoon.

Festivities included hayrides, ziplining, a petting zoo, musical performances from student bands, bull riding and the velcro wall.

The petting zoo was one of

the main attractions, with a llama that seemingly refused to take photos with any male student.

"Fall Fest this year was a smashing success, mainly due to the miniature pig, free pumpkins, the zipline and the cranky llama," junior Meg Hunt, CAB member said.

Like previous Fall Fests, free food was served to get students ready for fall. The brothers of Kappa Delta Rho served apple

cider.

Just down the line was pumpkin pie as well as cupcakes students were able to decorate on their own.

Several attractions and free food were able to bring a sense of relaxation to campus to close out the week.

"It was beautiful to see the Great Lawn full of students gearing up for the fall and relaxing after a long week," Hunt said. ■



A popular attraction, the petting zoo had several animals students could interact with. Aside from the llama, there was a calf, goat, lamb, rabbits, a miniature pig, a donkey and a minature horse.



Miller's killer milestone

Hannah Miller had a historic game against Averett, recording her 1000th career kill and being named to the CAC Team of the Week.

BY TARYN HANNAM-ZATZ
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The Captains volleyball team, ranked 15th in the nation, beat Averett on Saturday Sept. 17 3-2. Although it was a hard fought win, the game was memorable for another reason.

Senior Hannah Miller played one of her best games on Saturday as she registered her 1000th career kill. She became the 10th player in CNU history to reach that milestone, and she became the fastest to reach it in terms of kill attempts.

Not only did she finish the game with 29 kills, she also had six blocks and was named the Most Valuable Player of the CNU Invitational.

Also earning spots on the All-American team were Riley Garrison and Maddie McCann. Garrison had nine blocks during the game on Saturday. McCann also had an amazing game leading with 42 kills and 22 digs during the tournament this weekend.

After the tournament this weekend the Captains advanced to an 8-3 start to their season.

During the match, the team had a rough start getting going in the beginning as they started the game down and had a tough time coming back.

A couple players came up with aces on their serves and Miller had a big block to help flip the match in the Captains favor.

Although the Captains were finally able to take the lead, they had a difficult time holding onto it.

Averett was able to win the first set which gave them momentum going into the second set.

The momentum they had gave them a fast lead in the second set. They capitalized and were able to come out strong against the Captains.

The Captains fought back and responded well, but they were unable to successfully win the set.

The Captains came into the third set ready to fight and come back stronger than they had the previous two sets.

They were able to come out quickly and lead for the first time in the three sets.

Averett started to pick it up as they realized they were losing but the Captains didn't give up and they were able to pull away with a victory in the third set.

In the fourth set the Captains came out to another fast lead in the beginning.

Averett fought back once again but they were unable to defeat the Captains. The score then tied with Averett having two wins and CNU having two wins. They both went into the fifth set with the mindsets to win.

This set was off to a slower start as the teams were very back and forth with no one taking a clear lead in the beginning.

Late in the set the Captains finally started to pull away. They came back stronger and Averett was unable to fight back strong enough.

The Captains pulled away with a win giving them a victory over the whole five-set match.

The volleyball team will be playing again on Sept. 21 at Virginia Wesleyan. ■



Hannah Miller broke the 1,000 kill mark on Sept. 17 as the Captains defeated Averett University. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

Field Hockey rises against No. 19 in nation

Returning after halftime down by one goal Hashigami, Allshouse and Doss control game to secure 3-1 win securing their sixth win of season.

BY CAITLIN KING
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Though approaching the second half as the underdogs the Captains surpassed the Cardinals coming out on top with a 3-1 victory.

Christopher Newport ranked at No. 14 gave Catholic University of America a run for their money once they kicked it into high gear starting the second half.

In the second half Kana Hashigami recorded a goal and assisted as Madison Doss and Rachael Allshouse also found the back of the cage.

Bailey Lien contribute to this victory with three saves with the help of her defensive squad.

Leading into the first half the hosts were up 1-0 as Christopher Newport met up and drew out a better game plan.

Though the Cardinals continued to pay strong and charge down the field, the Captains responded well.

Lien made a quick save to steal the momentum of the game while Hannah Clark ran through two midfielders to move the ball back down to the attacking side.

The Captains moved the ball quick and got the ball to freshman, Calli Ioannou who picked off a defender who was attempting to clear the zone.

Although her shot flew wide the team continued to be a threat.

Moving closer to the end of the game Allshouse restarted the ball near midfield and drove a feed across the field to junior Carol Thompson.

The Captains flooded the circle and began pounding at the goalie. The goalie was able

to handle the threat at first until Hashigami grabbed a rebound and pushed it to Doss who spun and fired the ball into the far corner of the cage to even the score 1-1.

Keeping the momentum at an all time high Christopher Newport's defensive end pressured hard on the attacking Cardinals in order to get the ball back quickly.

Freshman Brittany Muir forced an off balance shot and collected the ball before it could become more of a threat.

The Captains made sure to control possession in the second half with the help of Allshouse and Cooke who built a wall in the midfield and refused to let anything pass.

Allshouse prevented three clearing attempts while Cooke intercepted a pair.

The Captains received a

corner attempt in the 55th minute of the game.

Luckily, Muie grabbed the ball and made a crisp pass to Sarah Miller who without even looking made a pass over to Allshouse who turned and slammed the ball past the defense to for the first time take the lead of the game 2-1.

Realizing that they were down by one the Catholic offense attempted to come back but found very little space to work the ball.

They tried to take a shot but junior Alexa Weaver stopped the ball before it reached the goalie.

The hosts received two corner attempts, but Weaver came out on top of both of them again and shut the ball down before it became a problem for CNU.

Though leading the game at this point, time as running out and the Captains didn't feel to safe with just a one goal lead. Allshouse grabbed the ball and moved it down to the attacking end getting the ball to junior

Mackenzie Neylon who then moved the ball over to Doss. She sent the ball into the circle where Riley Keeter grabbed control.

Faking a shot and making the goalie move her feet Keeter got the ball to Hashigami who had a clear shot and put the ball into the back of the net to finish the game with a 3-1 lead.

The Captains were able to hold onto possession in the final moments of the game and were able to secure their sixth win of the season.

Overall Christopher Newport held a 14-7 advantage in shots and a 7-5 lead in corner attempts.

With this win Christopher Newport improves to a 6-1 season including 3-0 on the road. The loss puts Catholic at a 4-2 overall season so far.

The Christopher Newport Captains will be on the road again Sept. 24 at York College of Pennsylvania who has five wins so far this season and only one loss. ■



THE MAGIC CONTINUES

The Captains got off to their second ever 3-0 start to the season as they took down the 17th-ranked Wesley Wolverines 42-28.

BY JOHN RECTOR
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Many people doubted CNU coming into their matchup versus Wesley.

After last weekend, no one will be counting out the Captains anymore.

Christopher Newport came into POMOCO Stadium to play Wesley College, the 17th-ranked team in the nation. The Captains showed their might by winning 48-28.

"People are really doubting us but at the end of the day we only have us on the field and with everyone saying 'Oh they have no chance, Wesley's top 25,' we block all that out," said linebacker Allen Hayes.

"We love it and if people want to see us as the underdog, we'll take that, we'll put that on our backs and roll with that."

The win was highlighted by quarterback K.J. Kearney breaking the school record for passing yards that he set himself last week against Hampden-Sydney.

Kearney threw for an even 400 yards and three touchdowns.

Running back Daquan Davis also had a breakout game. Scoring three touchdowns of his own on several physical runs,

including a hard-nosed, 14 yard touchdown that put the game out of reach.

"Daquan has been kinda hard on himself these last couple of weeks," said Kearney about his running back.

"He thought he should have been more productive than what he has been doing, but I feel like tonight he gave it his all."

Despite the record-breaking performance, the story of the game was the defense.

The Captains allowed 500 yards, but came through when it mattered, only allowing three scores until the very end of the game and forcing five turnovers.

Among those turnovers were three fumbles and interceptions by Andre Torran and linebacker Allen Hayes, a career first for the defensive captain.

The turnovers turned out to be the difference in the game. After trading touchdowns and with a score of 21-21, the CNU defense began to make their impact, holding Wesley scoreless until the final minute of the fourth quarter while CNU doubled their score.

Coach Kelchner spoke about the turnovers. "I could feel momentum changing a little bit in that football game with them

moving into the redzone. And both times when we got the turnovers, that was beautiful."

With an impressive win over a nationally ranked opponent under their belt, the Captains know all their goals are in front of them.

"Tonight puts us in the driver's seat," said Kearney. "We control our own destiny at this point, if we win out we're gonna win this conference."

However, they realize that they must keep a hungry mentality.

"All we're worried about right now is enjoying a big win and then getting ready for the College of New Jersey," said Head Coach Matt Kelchner.

"All we do is take care of what's next. We gotta go to New Jersey and play a game next Saturday and that's all we're worried about."

The Captains defense allowed 500 yards but came through when it mattered only allowing three scores until the very end and forcing five turnovers.

With a 3-0 start to the season, that is about all the now 24th-ranked Captains can worry about. ■



(Top) Head Coach Matt Kelchner congratulates his team after the Captains pulled off a major 42-28 upset over 17th-ranked Wesley. (Above) Senior Daquan Davis finished the game with 92 yards and three touchdowns. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

MOVIE REVIEW: SNOWDEN

BY CALEB SMITH
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Hero or traitor?
 That's the question that engulfed America and the world in 2013 when former NSA and CIA employee Edward Snowden leaked thousands of pages of classified information.

The new film "Snowden" follows that story, starring Joseph Gordon-Levitt (Inception, The Dark Knight Rises) as Edward Snowden and Shailene Woodley (Divergent Series, The Fault in our Stars) as his girlfriend Lindsay Mills. Filled with suspense and drama, "Snowden" captures the audience as government secrets unravel, forcing them to contemplate security-versus-privacy issues.

The film, though slow at times, follows Snowden's life from Army soldier to NSA computer genius. Throughout this journey, Snowden and the audience gradually learn about the extensive surveillance and intelligence gathering programs the government has created.

Gordon-Levitt embodies Snowden seamlessly as he goes from discovering to understanding to acting on the intelligence information. Audiences themselves will ponder and ask what actions they would have taken if put in the same situations.

Director Oliver Stone (Platoon, JFK) shows the world Snowden's personal sacrifices, however, at times seems a bit biased towards Snowden and either forgets or ignores the other side of the issue: security. With such an immense contemporary issue not only in America, but in the world, the film spends little time explaining the security aspect and how widespread intelligence gathering could be justified.

This no doubt will turn away some audience members and possibly discredit a movie which tries to take a complex issue (and various technical terms) and present it in a one-sided cinematic fashion.

Ultimately, "Snowden" is well casted and flows smoothly. The film, which runs two hours and fourteen minutes, could have been shorter, but still keeps the viewer's attention.

Audience members will leave "Snowden" satisfied, however possibly a little disappointed that the film did not dive deeper into the issues surrounding privacy and security. ■

RATING:



Top-tier collaboration



Members of the jazz ensemble prepare for their performance this weekend. **KEVIN SEBESTYEN/THE CAPTAIN'S LOG**

While the jazz ensemble is perhaps used to performing with professionals by now, they will perform with five internationally known trumpet players and the U.S. Army Band.

BY SAMANTHA CAMILLETTI
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Between Jazz 4 Justice, the annual Swing Dance, the Family Weekend showcase, multiple concerts for Holiday Happening, PFAC's Artini Event, and various concerts both in and around CNU, the jazz ensemble has demonstrated its ability to mature quickly. They will add one more event to their repertoire this weekend when they play with internationally recognized trumpet players and U.S. Army Training and Doctrine Command Band.

"We've worked with professionals many times, but not an entire band full of professionals and five soloists before," Dr. Kelly Rossum, the director of the jazz ensemble said. While the band has played with many military bands around the area before, they have yet to perform with this specific professional jazz band.

While it might seem uncommon to have trumpet players along with a jazz band, Rossum explains that it is actually a normal practice. He hopes this event will bring back the

classic days when jazz and trumpet were heard together. This duo dates back to Doc Stevenson's time on the Tonight Show, leading the band with a trumpet.

"Every night, all across America, everyone would hear Doc play the trumpet. This is kind of the result of what Doc did with those bands. Everybody is just so excited to hear a big band with trumpet players out front," Rossum said.

This concert will feature two big bands on stage at the same time, which is an unusual arrangement. Each trumpet player will have the opportunity to perform with the support of each band. Another unique feature is that Rossum knows all of the trumpet players personally from "different trumpet activities all over the world," he said. One of the trumpet players for the performance is Rossum himself. "I still perform quite a bit, that's what I do, but it's rare that I get to play what I do here on campus," he said.

This event also will highlight the talent of the jazz ensemble and serve as both a promotional and

educational tool. "I think they don't know how rare this is," Rossum said, referring to the student's expectations of this event. "They will be playing with a group of absolute professional jazz musicians on the same stage at the same time playing the same song. Sitting three feet away from them in some cases watching them. It's going to be great," he said.

"Our students are doing really well, especially since it's September and we just got off of the ground. We also have a lot of new students in that band. Well, here we go." ■

When?

Sept. 24
 7:30-9p.m.

Where?

Concert Hall

Tickets are free, but must be picked up in advance.

The finesse behind British accents

What to think before you hear the cast speak.

BY SAMANTHA CAMILLETTI
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Plays are often hailed as successes if they combine effective acting and stage props and nothing goes terribly wrong with the lighting or mics. Another facet to notice in TheaterCNU's upcoming production "Major Barbara" is the cast's mastery of the British accent.

There are two packets that are handed out to the cast: one on received pronunciation (or "RP") and one on the cockney accent, depending on their character.

And the cast isn't just watching Downton Abbey to become experts at learning the British accent, they have a dialect coach, Professor Julian Stetkoyvch. However, Stetkoyvch will be quick to say that he is much more of a guide than a teacher. While he did a lot of research and compiled materials, "it's up to the actors to do a lot of the work themselves," he said.

Three things he guides the cast in are the standard sound differentiation between British and American, the musical differences between the language

and placement of the dialect in their mouths. But first, this learning starts by handing each of the cast members a script and "it becomes their job to go through their script and mark for themselves the sound changes. So that's their homework. It's not my job to go through the script and tell them how to say every word. Also, there might be some words that come to the actor naturally and they don't have to think about," Stetkoyvch said. "And then it's up to me to re-listen to them and start fine tuning it."

Stetkoyvch guides the cast through understanding the difference between the rhythm of the language. "We all have different musicality or rhythm in the way we speak certain dialects and you know it when you hear it," he said. "And that's what makes it feel authentic, even if some of the sounds end up being wrong. So the British have their own, especially the RP one. I had a teacher who called it 'rattle rattle bing.' They rattle through their words and they

bing on the operative words." Stetkoyvch underscores the importance of this difference by commenting that Americans stress every single word in a sentence. For Americans learning a British accent, this change is essential. "You'll never sound British if you're stressing every word in the sentence," he said.

British accents also are placed more forward in the mouth, so don't be surprised if some of the higher class characters in the production have more pursed lips than usual. Placing more intent on the teeth and lips, Stetkoyvch notes, will end up with someone sounding "a little different than we do."

With only a six week rehearsal, the cast has to simultaneously learn their lines and their accents. However, this is more helpful than stressful. Besides learning it "the British way," the cast also has the opportunity to flesh out their character as they learn the script.

Each character has a subtly different accent that reflects their standing in British society, and the cast is mostly new to this level of language

learning. "It's been a lot of fun, it's been very difficult as well," senior Jonathan Holcomb said, referring to the simultaneous learning processes. "My character is different from any character I've ever played before and I've also never done this accent before so it's basically building from the ground up. It's been very interesting, a lot of work, especially because my character is the British version of a redneck in terms of dialect and it's almost impossible to understand the way he speaks."

For Holcomb, his character's speech was written phonetically and made it difficult to understand what the character was saying. Holcomb had to interpret what Shaw meant for his character to say and that can be tedious. "So it was almost impossible to read and to understand," he said. "Like our first reading, I was like: 'I'm just saying sounds at this point. I don't even know what I'm saying.'"

However, careful disentangling of the language has heightened Holcomb's appreciation for his character, even though this interpretation

process takes much of his already limited time. "I don't sleep a lot," he said, laughing. "But it's fine. You find time. There's always time. For something that you love so much, like acting is clearly what I want to do the rest of my life. I never worry about finding the time because I'm going to do it no matter what."

Junior Hogan Holt echoed similar sentiments. "It's certainly a new thing. I've never acted with an accent," he said. "Now I can put on my resume 'posh British accent' and it's fun getting these inflections down." Holt is also the dramaturg of the production and has gained a new appreciation of this production through his research.

A bit of his research involved understanding the playwright himself, the time period, history of the Salvation Army and of the cockney accent. "It's amazing to see the range in British, how English people say their words," he said. "It's so interesting and so fascinating and I love that." ■

PHOTO COURTESY OF WWW.CLIPARTBEST.COM

Breathe in, Laugh Out

What's in a name? Just the same great brand of improv.

BY VICTORIA LURIE
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If you're looking for pink ocelots and a pair of abusive co-pilots, one: you need help, and two: you should have been at the Gaines Theater on Saturday.

Laugh Out's first show of the semester, "New Name, Same Games" was a misnomer in the best possible way. There were definitely new games—or at least games that hadn't been performed much after November 2014. (I have unabashed been to every show since then.)

To be fair the troupe kept old standby games like "New Choice," "Soap Opera" and "Kwazy Kwest," but it was new additions like "Stunt Double" and "Airplane" that really made Laugh Out's debut such a hit.

"Stunt Double" allowed the people in the scenes to sub in other members at whim, like when two characters are forced to start washing each other in the shower. The shower was imaginary, the scrubbing was not.

Long-form game "Airplane" allowed the entire cast a chance to flex their muscles. Junior Will Craun and his "wife" freshman Annie Taylor were super villains who brought feathers, a bomb and, yes, snakes on a plane. The snakes later abducted sophomore Nick Barker under the encouragement of his sassy southern mother (freshman Annelise Coffin), while Reptile Man (sophomore Crosby Reed) and his sidekick Gary (freshman JP Havranek) sat idle.



(From left to right) Bonnie Newton, Hogan Holt and JP Havranek—three members in the newly renamed comedy troupe Laugh Out—perform in "Soap Opera," which involves level changes and nuanced eye contact. VICTORIA LURIE/THE CAPTAIN'S LOG

Disgruntled flight attendants seniors Bonnie Newton and Dylan Landis provided comic relief (and refreshments) while getting busted in the second act by health inspector senior Kyle Horowitz. All the while pilots senior Glenn Abernathy and junior Hogan Holt did everything (smoking, slapping, boarding up the cockpit) but fly the plane.

It was new, it was well-performed and

it was uproariously funny.

I can't really give you more details than that. The art of improv is the art of a Shakespearean actor—to make an audience see things that aren't there. And in improv show is much more than spoken decor: it's about timing and teamwork and about doing everything off the cuff.

I can tell you the ocelot was pink, that

Will Craun scaled a cathedral shower using suction cups, and that a certain silverback gorilla made an appearance, but me telling you about it isn't half as entertaining as watching Laugh Out create it out of thin air.

Improv shows are like an hour-long "You had to be there" story, so just be there next time. I promise you'll leave snort-laughing. ■

Fall CAB events at a glance



Students swung into the semester on Sept. 16 at FallFest—one of CAB’s biggest events of the fall semester—taking advantage of the zipline and other fall activities. **BEN LEISTENSNIDER/THE CAPTAIN’S LOG**

Every year CAB puts on countless events for the student body. This year they are continuing their traditions, but mixing it up with a few new additions.

BY AARON ROYCE
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“CAB,” those swooping black letters you see around campus, seem to be present on every university event flyer this year. The Campus Activities Board is responsible for putting together most of CNU’s major and minor campus events. This year, they are adding some new and unique events to the impressive roster of annual and beloved ones, enjoyed by the entire CNU community.

“This year, we have our annual fall events: Fall Fest, Build-A-Buddy, Haunted House and multiple movies, along with a couple new events we’re hosting, like the campus-wide bowling at AMF York Lanes and a mental health speaker,” said CAB President Elizabeth Piwowski.

In addition to these events, the CAB board is also looking forward to this year’s Homecoming Concert.

“Be on the look-out for the announcement soon,” Piwowski says. “We haven’t had an event in the Ferguson in many years, so this is an exciting venue.”

Attendance at CAB-sponsored events is at a current high, which is a major success for the organization.

“[This jump in numbers] could be due to CAB hosting events that are more appealing to our student body this year, better marketing and outreach of our events, or a combination of both,” Piwowski says.

Larger CAB happenings, however, take much more planning and help from multiple CNU organizations than others.

“So far, none of the events have been especially difficult,” Piwowski says, “though the annual Fall Fest and Springfest certainly require a great deal of planning in advance and support from other organizations on campus.”

Phillip Patterson, CAB’s Vice President of Marketing, is also looking forward to what the club will accomplish in the upcoming year.

“I’m most looking forward to the Homecoming Concert we have planned for later in October,” Patterson says. “It’s going to be an awesome event that we’re sure will be enjoyed by the student body here at CNU.”

Patterson does agree with Piwowski’s statement that some events take more to pull off than others because of their larger scale.

“Fall Fest is always one of the harder events to bring together just because of the event’s large scale,” Patterson says, “as well as the multiple moving parts that are involved in its execution. We’re happy with what we have planned [for this semester] and we’re excited to present it to the campus.”

Patterson counts a broader student outreach as a recent challenge CAB has faced.

“One of the most difficult things we’ve encountered this semester has been reaching some of the groups on campus who are usually overlooked, such as commuters,” he said. “We have come up with ways to include them in our targeted promotions,” Patterson says, “and are excited for what the year is bringing.” ■

Seeing double: growing up with a twin

College is usually a time to branch out into the unknown, but sometimes the unknown is easier to take on with your best friend by your side.

BY KORTY SWIFT

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It's pretty common to meet a set of twins in your neighborhood or old high school, but it's not quite as usual to come across twins at the same college, due to differing interests and skills. Juniors Sydney and Shelby Bergstrom, and sophomores Crosby and Tanner Reed are two sets of twins that happened to choose the same college path.

Both parties agree that being a twin has had a major impact on their lives. Constantly having the same person with you throughout the entirety of your childhood can cause a friendly "silent competition" between any pair of siblings, said Shelby and Sydney.

However, being a twin does have its perks, especially when it comes to interactions with other family members. Crosby claims he "can communicate with [Tanner] silently from across the room."

"If our mom was mad at us we could have an entire exchange without her knowing," said Crosby.

While one might think that the twins would want to branch out to different schools, this was not the case for either pair. "[Being a twin] wasn't a factor in choosing a college," says Tanner, "but it certainly [didn't] hurt either!"

According to Sydney, "Shelby and I just ended up picking CNU. We both kept open minds and ended up choosing the same [school]."

Even though they grew up in the same environment and picked the same college, no twins are exactly alike. Though similar, Crosby is talkative and does improv while Tanner plays the piano.

"I'm probably more introverted to kind of counteract his extroversion," said Tanner. "Also he's kind of a messy roommate."

Sydney and Shelby, on the other hand, have the similar personalities and are both majoring in a business field, however they claim that they do have their differences.

Having a sibling the same age can be difficult. You go through nearly every family, friend and school experience together. You are practically inseparable from birth and though that togetherness can get tiring, it is comforting to know that you will always have that person there.

"No matter what I say, Crosby knows exactly where I'm coming from," said Tanner. "I'm usually very careful with my words because he usually isn't, but he knows what I'm talking about no matter how awkward I am with other people."

"Shelby is my best friend," said Sydney. "She sometimes can be the most annoying individual but I do not know how I would do life without her. I guess that is a typical twin response, but it's true." ■

"You are practically inseparable from birth and though that togetherness can get tiring, it is comforting to know that you will always have that person there."



Twins, Shelby Bergstrom (left) and Sydney Bergstrom (right), both grew up to be business majors at CNU. TOP PHOTO BY ALEX BURRUSS/THE CAPTAIN'S LOG. BOTTOM PHOTO COURTESY OF SHELBY AND SYDNEY BERGSTROM.



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