



THE CAPTAIN'S LOG

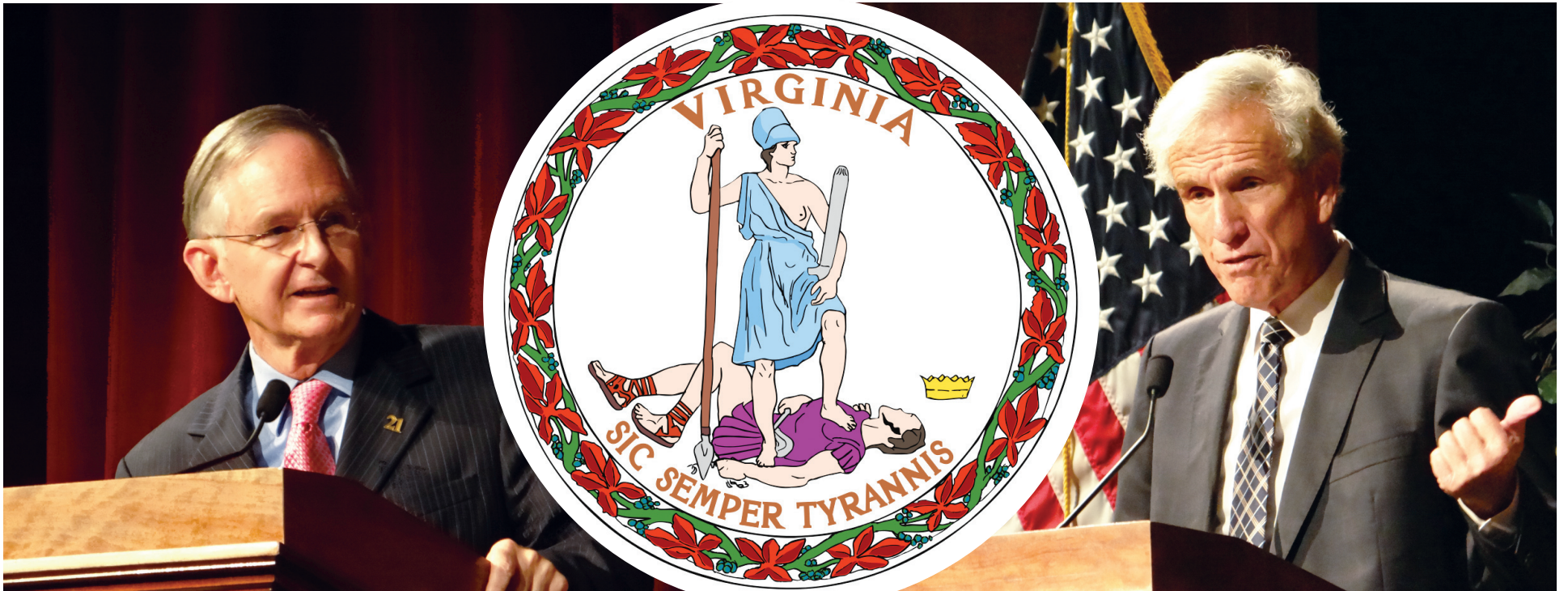
THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 47, ISSUE 6

October 7, 2015



Sen. Thomas Norment (R) and Sen. Dick Saslaw (D), advocated the positions and defended the track records of their parties in the Virginia Senate in a debate held Oct. 6 in the M&T Hall. Norment is the majority leader and Saslaw the minority leader in the senate. PHOTO ILLUSTRATION BY JOSH REYES AND PAIGE KOWAHL/THE CAPTAIN'S LOG

STATE SENATORS SQUARE OFF

Prominent state journalists questioned the senators, who were hoping to sway voters to support their respective party's candidates in the Nov. 3 vote.

BY CHRISTOPHER GABRO

CHRISTOPHER.GABRO.14@CNU.EDU

The senate is on the fringe of having a turnover of power, currently sitting at a 21-19 majority in favor of the republicans. A single seat turnover will put Democrats in active control, with Democratic Lt. Governor Ralph Northam casting the deciding vote in the event of a tie. Fixation is cast upon Senate Majority Leader Thomas Norment (R) and Minority leader Dick Saslaw (D) who are working for your vote to change the status quo.

The debate was squared off and the jovial kinship each candidate had for one the other was immediately distinctive. Saslaw won the coin toss, which decided the first speaker of the debate, Norment reassured the audience that is the only thing a democrat would win in terms of the election. Although they are friends, they have differing views in which were drawn out by a panel of Virginia journalists.

Education

There has been a 7 percent decline in state spending on K-12 funding which has led to a decline in teacher jobs and lowering of student grades, especially in the field of English. Bob McCartney asked the candidates how they would solve the problem of education that permeated Virginia schools.

**On education:
Saslaw advocated
funding education
via surplus
Medicaid funds.**

**On job creation:
Norment blamed
Great Recession
for low job growth.**

**On gun control:
Saslaw called for
stronger
restrictions on
firearm ownership.**

**On healthcare:
Norment
suggested free-
market solutions
to strengthen state
health systems.**

Wason Center paints picture of Virginia politics

Voter turnout projected to be low, despite voter concern on several high-profile issues.

BY MELANIE OCCHIUZZO

MELANIE.OCCHIUZZO.13@CNU.EDU

The outlook for voter participation is grim for the upcoming General Assembly elections, according to a report released by the Wason Center for Public Policy.

The report determined issues Virginia voters are focused on and made predictions on which party could expect more success and support.

According to the report, "relatively few voters say they are paying attention to the candidates or election news," with only 26 percent of voters predicted to cast a vote in the elections.

With all 140 seats in the General Assembly up for reelection, the political-brink of the Virginia legislature is on the line.

Only 41 percent of people surveyed said they followed the candidates and 34 percent said they followed news coverage of the election.

Regardless of the level of political knowledge that Virginians may have, ninety percent of voters say they actually plan on going to the polls.

While a majority of voters believe "things are going in the right direction in Virginia," they think the opposite is true for the nation as a whole. Only

WASON CENTER CONTINUED ON PAGE 5



Be sure to check out CNU TV's feature on school spirit. The video will be available Thursday on our Facebook page.

News 4

Alpha Phi's Red Dress Gala sets new event record of \$21,000 in funds raised for charity.

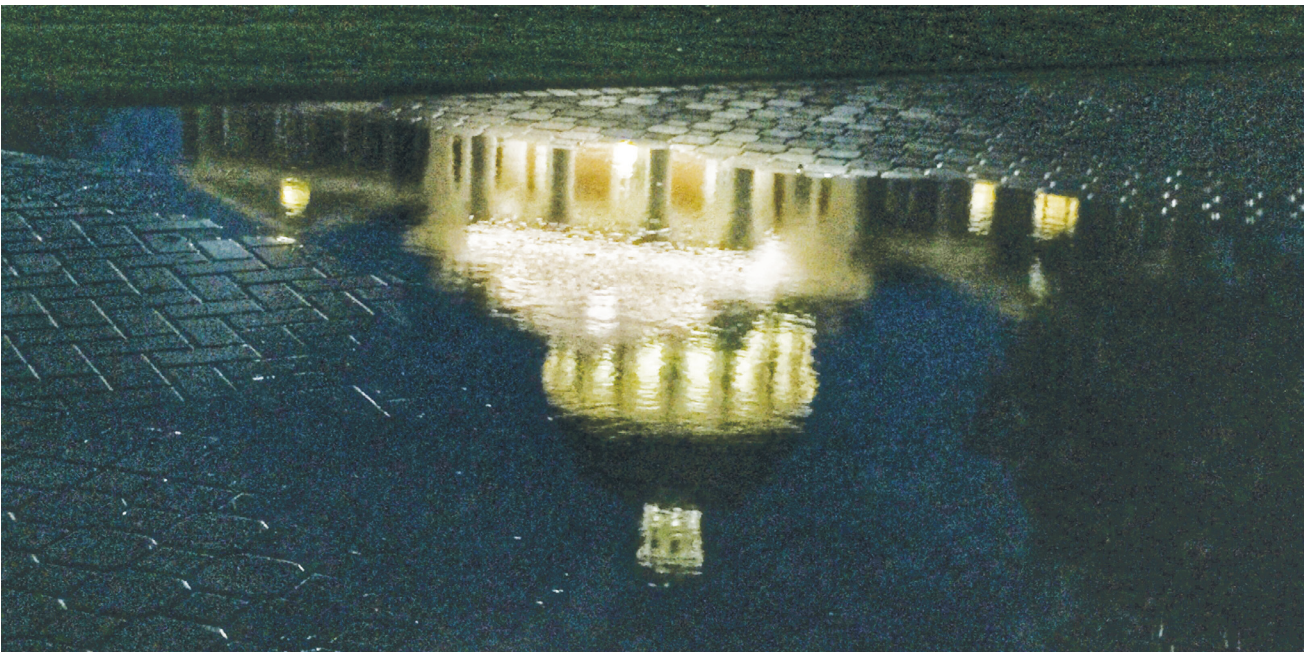
Snapshot 8 & 9

Check out photos from thye set up and events from Family Weekend.

DEBATE CONTINUED ON PAGE 3

Weekly pic

Christopher Newport Hall reflected in puddle by the Tribble plaza. Rain from this week’s showers didn’t cause any significant delays or disruptions to CNU campus activities, despite the hurricane hysteria. Photo Ben Leistensnider/The Captain’s Log

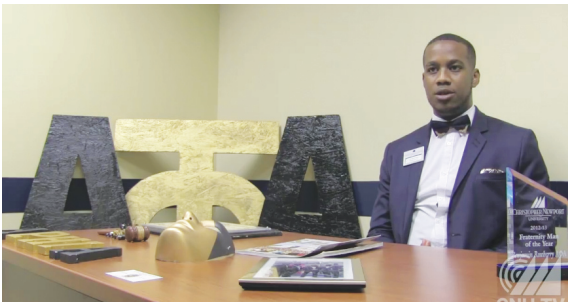


Online this week

Check out these videos on our Facebook page.



CNU TV Presents: How to Survive CNU in the Rain
Brea Gilliam and Annie Bradley tell you all the DOs and DON'Ts of getting around CNU in the pouring rain. #CNUweather



More than just stepping . . . The Real Divine 9
CNU TV’s Andre Toran and Brittney Banks go in-depth with the CNU’s Divine 9 leaders to see how they are making a difference on campus everyday.



Red Dress Gala
CNU TV’s Jacob Hudson recaps Alpha Phi’s annual Red Dress Gala, which was held Oct. 2. The gala raised money for the Alpha Phi Foundation, the sorority’s philanthropy that supports the American Heart Association.

Corrections:

The photo of the Mowgli’s concert in last week’s paper was mistakenly credited to Macy Friend. It should have been credited to Tyrus Wood.

Happened

Oct. 1
Student injured in auto-pedestrian accident
Last Thurs. around 1:54 p.m. in front of Rappahannock, there was an auto-pedestrian incident. Member of the men’s soccer team, senior Patrick Burns, who appeared to be riding his bike, was taken to the hospital with non life-threatening injuries

Oct. 1 to 4
Predictions for Hurricane Joaquin were swinging all over the place, but in the end, the most Newport News weathered was several days of moderate to heavy rain.

Oct. 6
CAB presented... Claim the Dream!
In the DSU Ballroom, acclaimed actress, Dianne Oyama Dixon from Nashville, Tennessee performed her act, “Claim the Dream,” a performance based on noted female Black leaders and their accomplishments.

Oct. 5
CNU’s Quality Enhancement Plan
Yesterday in the DSU Breezeway from 11:30 a.m. to 1 p.m. students had a chance to cast their votes for the topic for CNU to focus on in its efforts to improve the quality of life on campus. The fellows will table on Oct. 7, 14, 15, 19 and 21.

Happening

Oct. 4 to 10
Mental Illness Awareness Week
National Alliance on Mental Illness (NAMI) have been tabling from Monday through Wednesday raising awareness for mental illness, promoting understanding and acceptance, and challenging the fear of stigma surrounding mental illness.

Oct. 14
October Blood Drive
From 11 a.m.-5 p.m. in the Ferguson M&T Lobby, the American Red Cross Club, in conjunction with the sisters of Alpha Delta Pi will be collecting donations. Make an appointment between now and Oct. 8 between 11 a.m. and 1 p.m.

Oct. 20 and 21
Auditions for production “Legally Blond”
TheaterCNU and Department of Music will be holding auditions for the upcoming production of “Legally Blond.” Oct. 20, 6-11 p.m. are general auditions, and dance auditions are Oct. 21, 6-8:45 p.m.

Oct. 23 to 25
CNU Homecoming
CNU is preparing for this year’s Homecoming celebrations, planning a host of activities. The football game and announcement of the Homecoming king and queen will be at 7 p.m., Oct. 24.

The Captain’s Log Staff 2015-2016

Josh Reyes
Editor-in-chief
Jack Jacobs
News Editor
Alex Josephs
Assistant News Editor
Ben Leistensnider
Sports Editor
Bethany Pyle
Lifestyle Editor
Victoria Lurie
A&E Editor
Katherine Gittman
Assistant A&E Editor
Kelsey Berg
Digital Content Editor
Faris Sleem
Co-Digital Content Editor

Macy Friend
Photography Editor
Patrick Dubois
Assistant Photography Editor
Sarah Martin
Copy Editor
Collin Brennan
CNU TV Editor
Jacob Hudson
CNU TV Assistant Editor
Kelsey Schnoebelen
Marketing Director
Brandon Hubbard
Business Manager
Terry Lee
Faculty Advisor

THE CAPTAIN’S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published Wednesdays throughout the academic year.
THE EDITOR welcomes letters from readers. Editors reserve the right to edit letters for length and AP style, as well as to refuse publication. An email with a “.doc” attachment is preferable. Reach us through:
- **Email:** clog@cnu.edu
- **Drop off:** The Captain’s Log newsroom, DSU Suite 393
JOIN THE STAFF The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m. in the Jefferson Room of the DSU.
WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

FROM THE FRONT PAGE



The senators questioned by opinion writers from newspapers like the Daily Press and the Richmond Times-Dispatch. **PHOTOS BY PAIGE KOWAHL/THE CAPTAIN'S LOG**

DEBATE

CONTINUED FROM PAGE 1

Saslaw immediately said no tax increases would be implemented. With the expanding Medicaid under Saslaw's proposed plan he would fund education through funds gleaned from Medicaid.

Highlighting the issue that if tax plans were introduced to aid the issue, the poor would stay poor while the rich stayed rich.

Having just exited the great recession, Norment found it imperative to suggest that the state funding to education was cut due to the crisis.

He attacked Saslaw for suggesting that Medicaid could solve every problem that faces the state.

However, Norment cited Mark Warner, senator of Virginia, when he raised sales taxes to increase funding for education. This was done through bipartisanship between the feuding parties who found pragmatism on the topic of education.

Job creation

Bob McCartney of The Washington Post pointed out that Terry McAuliffe, governor of Virginia, whose top priority is to create jobs when the state has only seen a 0.9 percent increase in jobs, making Virginia the 31st in the nation in increasing job growth.

Saslaw went to the aid of McAuliffe claiming that McAuliffe has created more jobs than the past two governors did during their times in office. Saslaw bestowed the blame upon sequestration, or across the board cuts to the budget. He also claimed that the 0.9 percent increase in job creation is only in terms of net jobs where the gross margin of jobs has been significantly higher.

Norment criticized the blame

Saslaw put on the past governors, stating that the effect of the great recession was the cause of the slow increase of job growth.

Stressing the issue that the recovery of jobs is more pertinent than the number of jobs lost, Norment said he wanted to find a solution to the dissipation of jobs.

In terms of being pro-business, every senator was given a test measuring how pro-business they are, and Norment asserted that every Republican scored above an A, whereas the highest democrat score was a C. Saslaw retorted, stating that the test lowered his score due to his progressive views, one of which was the raising of the minimum wage, and was a poor indication of how business-friendly he was.

Gun control

2015 has witnessed 45 school shootings, yet the candidates elected to speak about the general legislation of gun rights rather than focus on how it affects students across the nation.

Saslaw referenced Bill 1179, a defeated bill that would have made it a misdemeanor to knowingly allow a 4-year-old child to hold a firearm. He bemoaned the defeat of what he considered common sense legislation.

Furthermore, he cited that 82 percent of the National Rifle Association wants stronger background checks in place for the purchasing of firearms. Stating that families that own firearms are 43 times more likely to shoot a family member or friend, rather than an intruder, Saslaw wants to implement greater restrictions on the ownership of firearms.

Norment stressed that the bill involving the 4-year-old would only occur in the odd scenario that a gun stumbled in to the

hands of one. He assured the audience that comprehensive background checks are already in place and that only 2 percent of guns are bought outside the background checks.

Medicaid

A system that is funded by the federal and state governments to pay for healthcare for families and individuals with low income and resources is bound to cause controversy among the candidates.

Norment urged that Medicaid is an expense that is too comprehensive and too grand for its own good, stating, "We [Republicans] aren't callus but we are fiscally responsible for our actions." Norment wants responsibility to be accepted on the budgetary side of the situation.

With Medicare expiring on Dec. 31, Saslaw urged action to help those in need for medical care. According to Saslaw, Virginia hospitals will be able to allot 10 percent of the expense if it does expire, but if it goes past that, then state funding is required. The expansion of Medicare could enact over 30,000 jobs, Saslaw said.

Dr. Quentin Kidd, director of the Wason Center and moderator of the debate, asked if either candidate had an alternative to Medicaid.

Neither candidate was able to muster an answer to the question. Senator Norment stated that the cost of Medicaid can be either relaxed or exacerbated, but the answer is not empirically available yet.

Crony capitalism?

When Norment was asked about his relationships with lobbyists and certain businesses and how he may be granting tax breaks or other forms of state interventions, Norment declined any response, claim-

ing it was a "supercilious, impertinent question."

Saslaw came to Norment's defense and said, "Personal lives are personal." Saslaw has been hit hard in the media when his treasurer of over 20 years was recently discovered to have embezzled \$654,000. Accepting full responsibility for his secretary's actions, he found the situation to have been a learning experience in who to trust if elected.

Freedom of Information

The acquisition of knowledge from delegates is a major topic at a time when discretion among topics is at the forefront of politics.

Senator Saslaw said he wants to be as transparent as possible in regards to relaying information to his constituents.

But he wondered why the public needs to know what the execution room looks like. This statement referenced former Fairfax County Circuit Judge Jane Roush, who mandated the release of execution manuals and schematics of the execution chambers.

Respecting the pursuit of free information, Norment is perplexed by the variety of topics that the public inquires about. Although he cites that the 170 exceptions that are protected by the Freedom of Information Act are "ludicrous."

Bipartisanship

Seemingly both candidates agreed that decisive and conclusive work between both parties is necessary.

Norment said, "Positions are not measured if one is in or out on the positions of their caucus." But he rather finds poignancy in compromise between one's own views and the views of the other party. Norment called compromise "an endangered species" that needs to not

only be focused on social issues but fiscal ones as well. Senator Saslaw seemed to agree with most of the statements made by Norment and only added that his views tend to diverge from his party 2 to 3 percent of the time.

Environment

Brian Colligan of the Daily Press asked a question relating to the rising sea levels that Hampton Roads is experiencing: how could the senators work to help local governments establish the precautions required for the inevitable breach of Hampton Roads?

Saslaw had the idea of establishing a barrier to help block the encroaching tides.

He stressed that it must be a collective effort between engineers and local governments to ensure the problem will find resolution.

Focusing on a larger scale, Senator Norment said he wants to urge aid from the United States Senate to delegate aid to the impacted areas.

He found practical implementation to be at the forefront of the issue and stated it needs to be delegated to the appropriate bodies for work.

Our verdict

The Wason Center reports that voter approval of the direction of Virginia is at 46 percent, which is a 5 percent drop from what was found in a January survey.

In accordance with the General Assembly election, the survey projects that the turnout be 26 percent.

Though you may think your vote is inconsequential or trivial, it could be the vote that sways the election.

If you are dissatisfied with the current condition of the state: vote. ■

A red dress success



Sisters of Alpha Phi and attendees alike take a look at the variety of items up for bid at the sorority's Red Dress Gala, which raised \$21,003. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIER
BENJAMIN.LEISTENSNIER.13@CNU.EDU

The second floor of the David Student Union turned into a sea of red over Family Weekend as the sisters of the Theta Phi chapter of Alpha Phi hosted their sixth annual Red Dress Gala on Oct. 2. The event—which featured a silent auction, poker, a live band, hor d'oeuvres and drinks—surpassed the goal set by the sisters and raised \$21,003 for their philanthropy, the Alpha Phi Foundation.

About the Foundation

According to the its website, “the Foundation was created as a trust to award grants specifically for scholarship and cardiac aid.” The Foundation raises more than \$1.3 million dollars each year for research grants, as well as scholarships.

The fact that her philanthropy is focused on heart health research is a major benefit for junior Teddy Grace Stinson, director of the Red Dress Gala. “Heart disease is the number one killer of women, so being a part of something like that which helps women like us is one of my favorite parts.”

The Red Dress Gala, which is hosted by Alpha Phi chap-

ters throughout the country, remains the group's most successful fundraiser for their philanthropy. This year's Gala had a wide variety of donated items that sisters helped to procure, ranging from Redskins tickets to fraternity gift baskets. Two items that Stinson found to be particularly exciting were four tickets to Disney World and two round trip tickets good for any continental US flight.

Celebrating an anniversary

Although Christopher Newport University's chapter only started hosting the event six years ago, Alpha Phi has existed on campus for much longer, which played a role in the ambitious goal that Stinson set for this year's event.

“With this being the 20th anniversary of our chapter, we really wanted to set the standard very high.” To celebrate this milestone, Stinson was expecting to raise \$20,000—\$1,000 for each year the Theta Phi chapter has existed. Not only did the sisters meet that goal; they surpassed it.

The \$21,003 raised as this year's auction is a major jump from last year's event, which raised \$13,415. It's an even more impressive number when con-

Red Dress Gala's growing success

2012 — \$7,000

2013 — \$11,295

2014 — \$13,415

2015 — \$21,003

sidering that the event raised a couple thousand dollars when it first started. Senior Grace Johnson, president of the Theta Phi chapter, has noticed that it's not only the money raised that has increased over the years.

“The support and love the family and friends give to us is something that we've seen substantially grow. The turnout, especially from the CNU community, has grown and we appreciate it so much.”

Reaching parents and alumni

Another aspect of the event that may have helped the sisters raise so much money is that the event is not targeted directly toward CNU students. Although students were welcome to



Christian Hansen and Max Castelli play in the poker tournament at Alpha Phi's Red Dress Gala. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

attend—and were even offered discounted tickets—Stinson said that the Red Dress Gala is “a bit more upscale and catered toward parents and alumni.”

One such alumna who attended the event was Molly Waters, a leadership professor here at CNU. Waters joined the organization in 2001 when the Red Dress Gala hadn't even

been introduced to campus and was extremely proud of how her sisters have transformed the events over the years.

“There's something very strong and very powerful when a group of women who are sisters and come together to support something that they're so passionate about. You can see that here.” ■

Weighing in away from home

Thanks to absentee voting, Christopher Newport University students can participate in the upcoming Virginia state elections without having to make a special trip all the way back home.

BY LYDIA JOHNSON
LYDIA.JOHNSON.13@CNU.EDU

Can't make it home for the polls on Nov. 3? Students can take advantage of absentee ballots to vote in the general election for the General Assembly while away from their home districts on the day of the election.

The importance of involvement

Involvement in elections is important in order for officials to heed the desires of all voters, including the younger demographics.

"If you don't weigh in as a voter, we shouldn't expect people that we elect to respond," said Tom Kramer, assistant director of the Wason Center for Public Policy and Government Relations.

Kramer believes that voting allows students to impact issues they think are the most valuable.

"If the cost of college is important, if getting a job is important, if they have friends that have a hard time paying for college—all of these are reasons to go vote," he said.

Unfortunately, students sometimes have a difficult time staying informed in politics or finding the time to remain active by voting.

"Class and studying—that's supposed to be a student's full time job," said Kramer, "there's not a lot of time to stay engaged."

But Kramer suggested an easy way for students to stay informed and to engage in the democratic process.

TurboVote: helping young voters engage

The youth voter awareness group, Virginia 21, sponsors a program called TurboVote, which sends students email and text reminders to vote or mail in their absentee ballot.

The program also sends absentee-voting students a pre-stamped envelope to cast their vote. "We try to encourage people to do that so they never miss an election," said Kramer.

Students can also sign up to vote and receive an absentee ballot thorough the state government.

Students cannot both register and vote in-person.

Online registration through TurboVote or the registration website will not work for out-of-state students without a Virginia driver's license, but they can still register in person at their local registration office.

First time voters must vote in-person.

Absentee voters can register by mail or online by Oct. 27 or in-person by Oct. 31.

Students should first check their voter registration status before filling out the application.

Millennials and voting

A lack of young voter engagement in politics is linked to the relative lack of investment of young people in their community.

A 2014 article from The Economist suggests that political apathy stems from young people not having a large stake in society.

The article stated that "having children and owning property gives you a direct interest in how schools and hospitals are run, and whether parks and libraries are maintained."

Since Millennials tend to delay starting families and buying homes, they feel less inclined to engage in politics. In the process of settling down individuals usually feel they have a greater stake in society.

This younger demographic has become strongly supportive of governmental intervention in society, particularly when it comes to making college affordable, the creation of jobs, and helping the poor.

Though young voters can have opinions on issues in society, the individuality of the typical young American makes it difficult to feel engaged in some topics.

According to a 2010 Pew Research Poll, American Millennials aged 18 to 29 scored the lowest on a 13-question political news quiz.

During the 2012 presidential election only 21% of 18 to 24 year olds voted, compared to 44% of British voters of the same age. ■



Tom Kramer is the former president of Virginia 21, a youth voter advocacy group **COLLIN BRENNAN/THE CAPTAIN'S LOG**

How to get a ballot:

Sign up for TurboVote:

www.cnu.turbovote.org/register

Register to vote:

<http://elections.virginia.gov/registration/how-to-register/index.html>

Deadline to register to vote:

October 13

Download an absentee ballot:

<http://elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

Deadline to absentee vote by mail or online:

October 27

Deadline to absentee vote in person:

October 31

Election day:

November 3

WASON CENTER CONTINUED FROM PAGE 1

28 percent of Virginians say the U.S. is pointed in the right direction, with 46 percent saying Virginia is mostly going in the right direction.

The main priorities of Virginia voters are school performance and college costs.

The decision to help make higher education more attainable to those with lower incomes has been a highly debated topic across on the national stage, not just Virginia.

The Virginia voters have also set their sights on increasing the minimum wage, looking for tougher background checks on those who wish to buy guns and more economic issues such as tightening the regulation on pay day lenders.

Voters also expressed interest in the creation of an independent commission to redraw political boundaries of the state's voting districts. Drawing political boundaries, a task currently conducted by the General Assembly, determines the distribution of voters in districts. The task can be manipulated to increase the odds of a

party's candidate winning by drawing boundaries which divide communities that tend to vote a particular way, thus limiting its voting power.

Recent shootings and college tuition increases have affected the interest in the public's opinion on what should be up for discussion, but few voters seem to be willing to actually make the effort to help these changes come about.

The report suggests that Republicans are slated to maintain control of the Senate. "Among all voters, Democrats and Republicans are statistically tied in the critical contest of the Virginia Senate, but among likely voters, Republicans have an advantage."

The Wason Center polled 851 registered Virginia voters to find its results. Democrats made up 32 percent of those polled, Republicans 30 percent and Independents 32 percent. Six percent identified with either another party or with no preference.

The Wason Center provides unbiased and non-partisan research and information about public policy issues facing Virginia. ■



Dr. Quentin Kidd is the director of the Wason Center, which was founded in 2007. He is also the vice provost of the government department. **COURTESY OF QUENTIN KIDD**

“Timely Warning Notifications” could do more

The notifications of reported sexual assaults sent out to all of campus are informative and appreciated, but they could do more to help students stay safe if they included an additional key detail.



MADELINE MONROE
STAFF WRITER

but they could do more to encourage vigilance.

On Sept. 18 the students of CNU received their first “Timely Warning Notification” e-mail, relating the details of a sexual assault incident reported on Sept. 15 that occurred four days prior.

With an issue like sexual assault, it’s essential for students to know what’s happening on campus in order to remain aware and vigilant. The notifications from the university help keep us in the know,

A second e-mail was received on Sept. 21, and a third e-mail was received recently, on Sept. 30, for another incident.

Each e-mail itself is vague – neither one goes into detail about the assault itself. Instead, only a string of dates are given – the report date, and the incident date – and whether or not the suspect is a student, as well as if consent was given, according to the victim.

The location is given, but is never specified. In both cases, it was reported that the incidents occurred in residence halls, but the exact hall is not given. All three e-mails are accompanied by prevention information in the form of five tips.

These notifications are mandated by the federal government under the Jeanne Clery Disclosure of Campus

Security Policy and Campus Crime Statistics Act. Lori Jacobs, the Public Relations representative of CNU, remarks that, “it is the responsibility of the University to weigh the duty of informing the community with the anonymity and respect of the victim or reporting party.”

She additionally said that the university will “always err on the side of caution if the assailant is unknown,” and mentioned that what is known to university officials – in most cases – “provides the identity of the suspect, and measures are taken to protect the victim and the university community using all legal and policy resources within due process.”

Personally, I appreciate the warnings and how immediate they are sent after the incident is reported. I feel that the

warnings, however, would be more effective if the specific location is given. One could name the residence hall, but they do not have to name that actual wing or floor, for example.

When I urge location specification, I do not wish avoidance of the area. Specification, instead, could aid in vigilance. Granted, we should all be vigilant at all times – no matter the area. But if we name where this issue is occurring, it may add an additional reality to the situation that those not involved with or lack experience in these situations may not be able to grasp on their own.

This added reality, in turn, may prompt others to increase their vigilance. Transparency is key, and without it, the reality of the situation may lose its greatest potential for impact among the students of the university. ■



BETHANY PYLE
LIFESTYLE EDITOR

All right, everyone say it with me: we were wrong and CNU was right.

Hurricane Joaquin turned out to not be a big deal after all, but a few days ago you would have thought the apocalypse was nigh. Everyone was talking about how the school would have to close and how ODU had already cancelled classes, so why hadn’t we? Local public schools were closing and a state of emergency was declared in Virginia. I even heard some people getting excited about having a two-week Fall Break.

Now, I love having time off from school as much as the next person (extended Spring break 2015, anyone?) But when a storm like Joaquin starts to brew, it’s important to still think realistically. Be careful what you wish for when it comes to extreme weather.

What would a hurricane have really meant? Midterms would have been pushed back, but then again, so would final exams. At Christmas time. CNU doesn’t cancel classes without expecting us to make up that valuable time. After all, you paid for these classes so you might as well get your money’s worth.

Second, when a hurricane or a blizzard or anything like this happens, we as students are the first to forget the problems that that storm will bring. Flooding, (like what we’ve been seeing in North Carolina the past few days), downed trees, collapsed buildings and much more follows a hurricane. If CNU closes down for a storm, that probably means that things are looking pretty bad. Not exactly something that should be celebrated and

Hurrication: not as sweet as it sounds

Many of us expected a big ol’ storm and a big ol’ cancellation. Let’s count our blessings that neither happened.

looked forward to.

Way back in the day, we had a hurrication my freshman year. The announcement was much less dramatic than this year would have been because when we left it wasn’t even cloudy yet. But I still remember walking out of Potomac and seeing sandbags packed around the front doors of the buildings. It was an emergency situation, not a holiday.

I’m not saying that CNU should never cancel classes and we should just soldier on regardless. It’s all well and good to flush ice cubes down the toilet or wear your PJ’s inside out or whatever other rituals there are for getting the day off school.

But take comfort in the fact that CNU didn’t preemptively close the school. While the rest of the East coast was in a panic, CNU was carefully following Joaquin in case any action needed to be taken. Visiting the grocery stores last Thursday would have added to anyone’s anxiety, watching folks pull bread, soup and water off the shelves by the cartfull.

But CNU, unlike everyone else, stayed in control of the situation. They carefully monitored the storm and made sure we as students knew what was happening every step of the way.

There’s obviously nothing we can actually do to control the weather. And when something bad really does happen, it’s crucial to know how to be safe and prepared, not panicked. But remember that if a storm comes, you may get that instant gratification of having a test pushed back, but someone else may have to watch flood waters slowly rise into their living room. ■

Prepping for life post-CNU

Your college years will help you later in life no matter the occupation you choose to pursue.



MELANIE OCCHIUZZO
STAFF WRITER

By the time you enter college, you have heard the phrase “so what are you planning to be?” hundreds of times. Everyone from your parents and teachers, to random people at your church are eager to hear what your future plans are.

When you were little it was sufficient to answer with things like an astronaut or for me, a journalist, but now the pressure’s truly on, no more joking around.

The time you spend at college is meant for figuring out your life’s plans. You are supposed to come in with some sort of education plan and build from

there. We all know this isn’t always the case; sure we have those few people who go in as pre-med and end up with PhD’s, but a lot of the time we end up remaining undecided freshman, scared to make a move.

Some of the best resources here at CNU are my professors; I feel as though they are all trying their best to help me succeed in life after college.

One important piece of advice I learned was from my parents: you don’t have to make your degree your life’s work. If you come in completely undecided, but find your way into something you enjoy doing, even if you only do it for a few years, you will still be prepared for the world.

The whole point of college is to better prepare you for the working world. So what if you only spend three years teaching high school English before taking a job as a physician’s scribe? You took your first steps to your new job through the way you prepared in college.

My answer may have changed from reporter to copy editor, but the same lesson applies. I can use the knowledge from my college years to get myself into a job that I’ll really enjoy doing. College is there to help you move on to bigger and better things. So if you’re a freshman looking for a life line or a senior panicking about how next year will pan out, take a breath. I may not be prepared for the world just yet but with the right guidance and help, I think I’ll make it just fine. ■

The value of debate at CNU

Students must learn to understand and discuss different perspectives rather than insult the opposition.



RACHEL WAGNER
STAFF WRITER

Given recent campus events, there has been a lot of student discussion on the topic of free speech and disagreement. Whether prompted by the Preacher in the Plaza incident or the various debates that have been hosted on campus, social media (namely Yik Yak) has been flooded with differing opinions. There seems to be a clear opposition to conflict in our generation – no matter what side of an argument a person stands on. We want everyone to share our opinions, we want to be liked and get along. However, in a democratic society, we are meant to have debate. Intelligent people can still be intelligent and disagree, which is something that the Center of American Studies emulates in their annual Constitution Day Debate.

This year's debate covered Title IX regulations, and brought together two highly accredited feminists to argue their side of the issue. It became heated but not between the two women themselves. When we have fundamental disagreements, it can be hard to separate debate from insult, but that is something that our generation needs to be more in touch with. Dr. Elizabeth Kaufer-Busch, Associate Professor and Co-Director of American Studies shared with me that "People tend not to debate or discuss today; instead they try to emote – which doesn't lend itself to genuine learning. There will always be disagreements, but we cannot come to an understanding of one another if we merely emote."

Similarly, as stated by Dr. Jon White, an Associate Professor of American Studies and the Pre-Law Adviser, "I really appreciate how the Center for American Studies' annual Constitution Day Debate brings together two people who vigorously disagree with each other about a contentious issue and yet gives them a platform on which to have an intellectually rigorous and respectful conversation. Too often in our society opposing sides of an issue simply try to silence their opponents, or shut down those with whom they disagree. It is refreshing to see such a thoughtful exchange of ideas." And indeed, refreshing it is.

I agree that it would be easier if opposition was shut down – but should we silence opposition, or embrace a diversity of viewpoints that come with our freedoms? Should we cultivate an environment where people are afraid to speak against the majority, or a culture where people can present divergent ideas without a sense of shame, and live the "Tyranny of the Majority" Tocqueville predicted in "Democracy of America"? By shutting down disagreements, by thinking we can only have one right and one wrong side to these not-so-black-and-white-conflicts, we are moving away from the Constitution and what our Framers wanted: a truly free society.

Listening to opposition does not make your beliefs inadequate – trying to understand other arguments does not make your own weaker. The day of the Preacher incident, I found it amazing to see that we live in a society where two groups of people on completely opposite sides of an argument can stand 20 feet from each other and speak or act freely. I found it invigorating to hear the nuances of the Iran Deal debated – regardless of my personal stance on the subject, and I found it inspirational to see two women defend their sides of the Title IX regulations with fact and strong convictions. It makes me proud to be an American. ■

A piece from Currents



JORDAN ZAVODNY
CURRENTS EDITOR

Currents is an annual publication of CNU students' creative writing, prose and poetry pieces. This year, we are looking to make room for more students to convey their work by posting their efforts in The Captain's Log. This poem was published in last year's edition.

"Truth Unveiled by Time After Gian Lorenzo Bernini"

ADRIANNA MOORE
CURRENTS CONTRIBUTOR

*My girlhood was lost to the march of Time.
Where others stayed lean and flat,
I filled and curved like storm swept waves.*

*Once, I too ran with wolves, clothes catching in the wind.
I played and tormented boys and did not think different.
Long ago, mirrors meant little more to me
than the shining of my eyes and whiteness of my teeth.*

*I was a woman before my time,
caging myself on swing sets and pressing deep
to my core, assuaging the pain of my blood sisters.
A boy asked me about my breasts and another, my hips.
Beneath dark colors, I hid my body and learned hate.*

*When even scales betrayed me,
I cursed my fate, my womanhood, my undesirable quality.
You were made for birthing, my mother promised.
I remember crying and scratching at my flesh
hoping to push or pull the mounds of fat riding my hips,
my skin glowing red underneath the onslaught.*

*Willows and magnolias bloomed about me,
catching the eyes of boys becoming men.
Yes, I was a vessel and they were sirens, those thin women.
They were made for love and loving and envy.
Plucking at their hip bones, they sighed with want
of even smaller bodies, lamenting their curvature.
Yet, they were only half of me or less.*

*No, there was no beauty in the dimples of my skin
or the indentations of grasping fingers on my flesh.
I was no piece of artwork, no model of perfection.
Hate birthed rage and I shouted my grievances to the world.
Why shouldn't I be celebrated? Where was my artwork?
Who said that I could not be beauty too?*

*I was a woman after my time,
too young in the world to know what had come before me.
In sculpture, I found my body, every well-loved curve
and long forgotten smiling face captured in marble.
Time revealed me as Bernini's Truth.*

*I examined myself as artwork, painstakingly shaped.
The rolls of my body, the inglorious mounds of flesh I had come to hate,
were unveiled to me in a statue surviving hundreds of years.
I was an ideal not quite forgotten, heralded as classic.*

*Holding myself upright and unforgiving,
I do not hope to resent willowy beauty or to be held delicately.
I am every drop of what a woman can be, an ocean of perfection.*

Family Weekend: behind the scenes

Family Weekend is an important annual event for the CNU community, but do students really know what makes it possible?

BY MACY FRIEND
MACY.FRIEND.14@CNU.EDU

Family Weekend is something that students know about, but may be unaware of the preparation that makes it possible.

Auxiliary Services is in charge of the setup and tear down of 95 percent of events on campus and consists of CNU students and alumni.

The rain last weekend proved to be beneficial for Auxiliary Services. Usually, they have to setup for Family Weekend outside, but the rain made the process a bit easier because most of what they needed was already prepared.

While event setup is

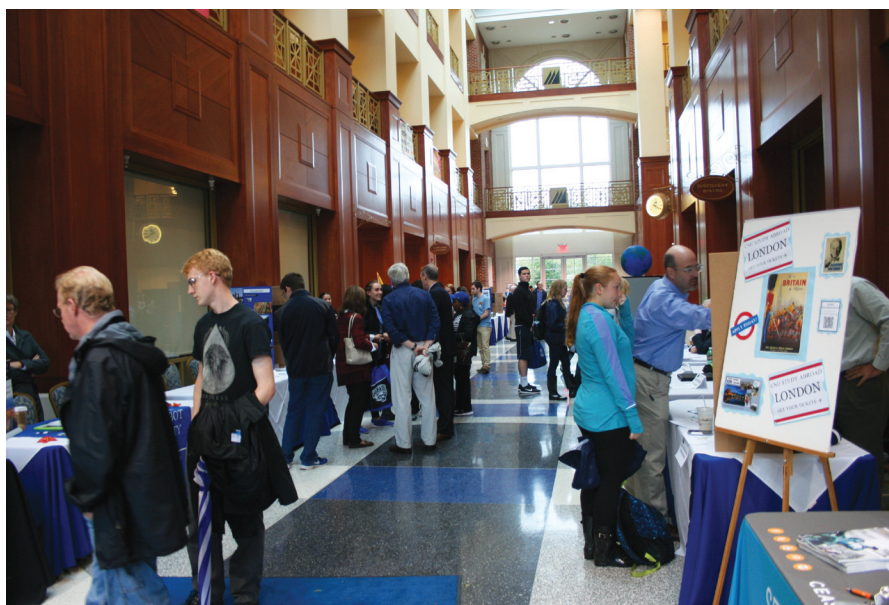
planned weeks in advance, sometimes things have to be changed last minute due to inclement weather.

Changes are sometimes made an hour before the event is supposed to begin. Student organizations have to plan dates and times with the Scheduling Office. "It's a logistics puzzle you're always putting together," Senior Associate Vice President of Auxiliary Services Bob Midgette said.

During the 2015 fiscal year, Aux. Services had 23,232 bookings with an increase in bookings every year. Bookings included weddings, athletic summer camps and student events. ■



Sometimes tear down and setup requires students to stay on campus hours after the event is over. Auxiliary Services prepares the DSU Ballroom for President Tribble's breakfast Saturday morning after the Red Dress Gala Friday night. **MACY FRIEND/THE CAPTAIN'S LOG**



(Above) The DSU was prepped Thursday night for the Study Abroad fair that lasted from 1 to 6 p.m. on Friday. **MACY FRIEND/THE CAPTAIN'S LOG**



Auxiliary Services prepared areas across campus for Family Weekend, including the M&T Hall and the Ferguson Center. **MACY FRIEND/THE CAPTAIN'S LOG**

Family Weekend Highlights

Despite the dismal weather, Family Weekend festivities continued as planned. Beginning on Friday, the Study Abroad fair and Symphony Under the Stars welcomed families to campus.

TheatreCNU's "Noises Off" performed their first show of the weekend on Friday. They will be performing again at 8p.m. on Oct. 7 and 9 in the Music and Theater Hall.

Throughout the weekend, families dined with President Tribble and attended showcases of various student groups including CNU's orchestra, choir and the Marching Captains.

On Saturday, there was a family picnic, the 9th Annual Music Showcase and the football game.

Family brunch at Regatta's on Sunday marked the end to Family Weekend. ■



A member of the Marching Captains twirls batons during their halftime show performance of Fall Out Boy's "Thnks Fr Th Mmrs." **BEN LEISTENSNIER/THE CAPTAIN'S LOG**



(Left) The Marching Captains hold up photos of a student as the football team attempts a field goal. (Right) Women's chorus, conducted by Professor Robert Stoup, performs "To the Waters" arranged by Gustav Holst. **HANNAH MCCLURE/THE CAPTAIN'S LOG**



(Left) Ran Johnson and Beth Ellen Miles' characters sneak into a house for some alone time on the set of "Noises Off." (Right) The University orchestra performs a traditional Irish folk song, "The Last Rose of Summer." **HANNAH MCCLURE/THE CAPTAIN'S LOG**



In "Noises Off," Christiana Kaniefski's Poppy confronts Deion Hopkins' Selsdon about his alcoholism. **HANNAH MCCLURE/THE CAPTAIN'S LOG**

“Nothing will stop her”

Lauren Cheatham has faced her share of challenges at CNU, but the senior remains a force on the field hockey team.



Sr. Lauren Cheatham has been a symbol of resiliency for CNU field hockey and already has 30 career goals—the seventh most in CNU history. **TYRUS WOOD/THE CAPTAIN'S LOG**

BY VICTORIA LURIE
VICTORIA.LURIE.13@CNU.EDU

If you look up “tenacity” in the dictionary, there’s a good chance Lauren Cheatham is pictured beneath it. Last spring, Lauren suffered the second of two ACL injuries in as many years, but this season she’s back.

“Other people would get their second surgery and be like ‘maybe I should quit,’ but it barely crossed Lauren’s mind,” said her longtime teammate and roommate Belle Tunstall. “Nothing will stop her—Everyone else would have quit, but for her that was never an option.”

Lauren’s tenacity began long before her injuries. A senior at local Denbigh High School, Lauren had been recruited to join CNU’s field hockey team.

At the time, Lauren had been torn between soccer and field hockey, but Coach Carrie

Maura had reached out to her; Lauren then found herself longing to become part of CNU field hockey.

However, there was a problem. “School wasn’t easy for me,” said Lauren. “I knew CNU was pretty rigorous and I was scared.” Plus, in order to be a Captain, she’d have to have the grades necessary for admittance to CNU. Lauren sought out academic help and was given a mentor, and spent the year attacking her academics from all angles.

She wound up taking the SATs five times in order to get the scores CNU was looking for, but by her senior spring she was officially a recruit for CNU field hockey.

She’s been a staple on the field ever since. “She is like an animal; you can’t contain her,” said Belle. Lauren’s ability to break free of any defense has allowed her to score 30 goals

and 71 points over her time here, both of which place her in the top-10 of the CNU all-time record book.

“She’s so quick and she has such a strong shot. She has great direction and communication and always looks for passes to other teammates,”

“Nothing will stop her—Everyone else would have quit, but for her that was never an option.”

BELLE TUNSTALL

said Belle. “Her mental game is strong, and with this being her fifth year I think her confidence is where it needs to be.”

Lauren tapped into that confidence when she first tore her anterior cruciate ligament—more commonly known as the ACL—at the end of her fresh-

man year.

Both Lauren and Belle agree that the first ACL injury was terrifying because it was so unexpected. “I never thought anything like this would ever happen—it was out of nowhere,” said Lauren.

Once injured, she was introduced to the procedure-physical therapy-pain management circuit. She knew exactly what she was getting into, and it wasn’t pretty. “It was heartbreaking,” said Belle. “She already knew what she was in for.”

The second ACL injury—which took place last season in a game against Randolph-Macon—brought with it questions of strength and the possibility of retirement.

Lauren knew from her first surgery that she was allergic to the required pain medication, and while she thought she could grit through the new recov-

ery period, she worried she wouldn’t have sufficient time to heal. “I was really nervous about this recovery because unlike the first ACL, I didn’t have as much time.”

Following her injury freshman year, Lauren took her sophomore year off to preserve a year of on-field eligibility. This time, however, Lauren claimed that she “was pressed for time,” as the new season would start in less than a year from that point.

These fears were allayed when Lauren started off the season with a hat trick against Bridgewater on Sept. 1. You could almost call it miraculous.

“I’ve always believed in God,” said Lauren, who has been increasingly involved with the Fellowship of Christian Athletes. “I feel like He has a plan for me anyways, so I’ve just got to go with it and just keep working hard.” ■

XC Recap

BY SAM CAMILLETTI
SAMANTHA.CAMILLETTI.14@CNU.EDU

If manners maketh the man, then unfavorable weather conditions maketh the runner. Prevailing through wind, cold rain, and a soggy course, both the men's and women's cross country teams handled their immense number of variables with ease last Friday, Sept. 2, at the 42nd annual Paul Short Invitational in Bethlehem, Pennsylvania.

With over 5,500 athletes from all three levels of the NCAA, and over 400 teams, the Paul Short race is one of the largest meets in the nation and gave the Captains an excellent preview of their future potential competition. Amidst the sea of runners, the men's team finished 16th overall out of 39 and the women's team placed 28th out of 39.

Leading the way for the Captains in the men's 8k was sophomore Grayson Reid with an impressive final posting of 25:50. Reid placed 89th out of the sprawling 354-competitor field. Close behind was junior Billy Rabil at 101st place with a time of 25:55.

Junior Zachary Campbell and sophomore Jeff Dover were next to cross and finished with times of 26:04 and 26:08, respectively. Sophomore Daniel Read finished with a time of 26:08 and 126th overall. Rounding out the top seven team was freshman Evan Fabish, with a 146th place and time of 26:18 and junior Andrew Benfer, with a 174th place and a final time of 26:31.

The women's team braved the elements in the 6k race that followed. Senior speedster Lydia Cromwell set the pace for the Captains and finished with a time of 22:44. Cromwell was 75th in a field of 387 competitors. Trailing close behind was junior Briana Stewart in 107th and a time of 23:01.

Freshman Abby May, quickly rising to stardom following her triumph at Panorama, finished with a 23:15 and 135th placing overall. May's performance leap-frogged her to 16th on the women's 6k all-time list. Junior Logan Harrington finished next with a 23:28 final time and a 165th place finish overall. Rounding out the top seven was senior Deanna Corts (23:51), junior Emmie Schmitt (23:56), and senior Graciela Slyer (24:24).

The team will have a short recovery period before they are set to host the CNU Invitational at Lee Hall Mansion on Saturday, Oct. 17th. The men's 8k race is scheduled to start at 11 a.m. ■

This week in CNU sports



(Above) Junior wide receiver Taylor Loudan accounted for 70 of the Captains' 103 passing yards against 15th-ranked Rowan University. HANNAH MCCLURE/THE CAPTAIN'S LOG

BY BEN LEISTENSNIER
BENJAMIN.LEISTENSNIER.13@CNU.EDU

It was an incredibly wet and windy weekend for the Captains, full of game cancellations and muddy fields.

Field hockey

Both of the field hockey team's two games were postponed this week. The top-20 matchup against 18th-ranked Catholic scheduled for Sept. 30 is now on Oct. 19.

The Captains were also scheduled to take on St. Mary's in their second Capital Athletic Conference game of the season on Oct. 3. That game is now on Oct. 8.

Men's soccer

The men's soccer team still couldn't find a way past York College as they ended the game with a 1-1 road tie. Since joining the CAC, the Captains have gone 0-2-2 against the Spartans.

York managed to make an impact on the scoreboard first, scoring 25 minutes into the game. The game remained 1-0 for the rest of the half.

Once the second half started, however, the Captains were finally able to find an equalizer when sophomore midfielder Andrew Gogolin scored within the first minute. It was his second goal of the season.

Although the Captains outshot York 5-0 in overtime, the game finished with the tie.

Next up for the Captains will be Frostburg State, who is one of two teams that is 2-0 in CAC play. They host the Bobcats at 7 p.m. on Oct. 10.

Women's soccer

After failing to find offense in their CAC opener, the Captains managed to find the back of the net as they beat Mary Washington 3-2 on Oct. 3.

CNU took an early lead as freshman Gabby Gillis scored within the first 20 minutes of the game off an assist by Lindsay Mondloch.

Although the Eagles equalized just before the 30 minute mark, the Captains still managed to enter the break up 2-1. With two minutes left in the half, leading scorer junior Victoria Perry scored the seventh goal of her season.

Neither team scored for the next 40 minutes of play, until Mondloch added an insurance tally. That goal turned out to be the gamewinner, as Mary Washington scored 30 seconds later to reduce the Captains' victory to 3-2.

The Captains will next host York at 5 p.m. on Oct. 10.

Football

The football team couldn't find a way to secure its 100th career win as the Captains dropped a low-scoring 14-9 loss against 15th-ranked Rowan.

It truly was a defensive affair with the Captains limiting the Profs to 139 yards of offense—with only 18 in the first half.

Junior Daquan Davis scored the Captains' lone touchdown, while senior cornerback Cameron Barlow returned a blocked field goal 98 yard for two points. Senior Taylor Loudon highlighted the Captains' offense, recording 70 of the senior quarterback Tyler Quigley's 103 passing yards.

The Captains next travel to Kean on Oct. 10. ■

Box Score

Men's soccer

Oct. 3: CNU at York 1-1 T

Women's soccer

Oct. 3: CNU at Mary Washington 3-2 W

Football

Oct. 3: CNU vs. #15 Rowan 14-9 L

Hockey

Oct. 2: CNU vs. Radford 7-2 W



(Right) Senior Lindsay Mondloch scored the gamewinner against Mary Washington.

(Below) So. Andrew Gogolin scored the Captains' lone goal in their 1-1 tie against York. BEN LEISTENSNIER/THE CAPTAIN'S LOG



"Noises" off to a smashing start

TheaterCNU's "Noises Off" turned the comedy on.

BY CHRIS GABRO
CHRISTOPHER.GABRO.14@CNU.EDU

The reason why we go to the theater is escape our ordinary lives; "Noises Off," a farce directed by Dr. Greg Lloyd, allows for the most ingenious form of escapism.

With an elaborate set involving a variety of different doors, a cozy living room and a set that evolved by revolving the audience is able immerse themselves in the play—which turns out to be a play within a play.

The play spans from the dress rehearsal of the meta-play "Nothing On" to the bitter end of the run of the show; The actors are never able to get the show right because they are always causing mishaps, dropping lines and forgetting sardines.

This particular play prides itself with zany slapstick humor and witty lines. When the actors deliver the lines properly alongside the rapid-fire movements the play works brilliantly. Truly outstanding performances were given by Sam Jones (Lloyd), Deion Hopkins (Selsdon/Burglar), Derek Martin (Frederick/Phillip), and Lauren Lee (Belinda/Flavia). All three of these actors were completely realized into their character and it was joy to see what they would do next.

Comedy is surmised through the cognitive dissonance that the characters of "Noises Off" have from the characters that they are portraying in "Nothing On." For those were able to portray that inconsistency in their attitude it was amazing to behold. However, the ones who couldn't reach that point seemed as if they could suspend their disbelief into the wackiness that are these larger than life characters.



Gary (senior Ran Johnson) and Brooke (junior Beth Ellen Miles) look on as Sam Jones' director Lloyd critiques Derek Martin's Frederick on his fallen trousers during his performance as a visiting sheikh in "Nothing's On." HANNAH MCCLURE/THE CAPTAIN'S LOG

Act II of the play is the most crucial because the audience gets to observe the backstage shenanigans of the actors while Act I is being played for the meta "audience." We the real audience can still see Act I through a glass window. The best parts of this act are brought in the physical action

of the "Nothing On" actors while not in character and when they are struggling going on stage as their characters. While most of the action was done exceedingly well; there were moments when it could have been more polished and organized, but that's Opening Night for you. The act is supposed to be chaos

but it should be organized chaos for the audience to full realize all the actions occurring.

With a spectacular setting, costumes and actors "Noises Off" is well-realized production—unlike "Nothing On"—and it's a production you won't want to miss. ■

CNU Tonight opens strong

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU



Seniors and veteran CNU Tonight members Zach Whitten and Emily Alexander resume their posts as news anchors on the segment "Since the Last Show." TYRUS WOOD/THE CAPTAIN'S LOG

CNU Tonight's first performance of the year had the audience laughing throughout the whole show. The cast members had laugh-out-loud moments by throwing themselves into their performances and sometimes even on the floor.

This motley crew was of students from all majors make up a wonderful cast. The show was comprised of several skits ranging from all sorts of subject matter like world politics and student's griping about CNU weather.

The opening skit, #Basic, gave the audience a great preview of what was in store for the evening, and the rest of the show was comprised of various skits mocking everything from politics to CNU traditions. There were conspiracy theories, CNU door holding offenses and news casting aimed at making

a mockery of the world's most pressing issues. I don't know what made me laugh harder, the sketch about the news channel "Since the last show" or the CHECS Violation involving a student not holding the door.

The fact that the show took place on Family Weekend made the show extra hysterical; there is no way that a parent with a Captain for a child would not know at least some of these jokes.

Some of the skits took on a more serious light such as the atrocities of modern television killing off main characters. The skit involved the director explaining that the public wanted ambiguity and suspense, they weren't interested in clichés anymore.

The actors were quick to explain that most audience members were tired of being jerked around by their favorite TV shows. This particular

skit really hit home because of all of the recent television deaths in series we won't mention here because spoilers.

One of the final skits involved a hilarious courtroom setting, the accused was a student who failed to hold the door open for a fellow captain, a criminal offense punishable by death. The lawyers battled it out on stage but the accused won the case when "Stabby McGee," the surprise witness claimed that the student wasn't culpable due to the awkward distance rule.

All of the skits followed the same trend of inside jokes and double meanings that had us rolling on the floor, ready for more. This looks like a great year for CNU tonight, there is plenty to make fun of right now in the world.

If you're interested in joining CNU tonight, they meet every Tuesday and Thursday from 9-10 p.m. in Freeman 202. ■



GALLERIES UN‘VIEL’-ED

MACY FRIEND/THE CAPTAIN'S LOG

The new Falk and Ferguson Galleries opened late September and will conclude with an Artist Talk on Oct. 24

BY SAMANTHA CAMILETTI
SAMANTHA.CAMILETTI.14@CNU.EDU

The Ferguson Center has always allowed the passage of great artists and thought-provoking art into its hallways; The collections currently featured in the Falk and Ferguson Hall Galleries are no exception.

The Falk Gallery is displaying an exhibit entitled Elaine Viel: Retrospective, created by Viel herself, and the Ferguson Hall Gallery will hold the exhibit Bought, Bartered and Gifted, a compilation of art Viel purchased from students over the years.

While these two shows don't possess any thematic similarities, both are produced by Viel, a former Falk Gallery manager.

"[Viel] is a well-known, accomplished artist, and she was loved by the art stu-

dents," current Falk Gallery manager Jodie Gordon said in an email.

"I use my art as a mirror to what I believe are the political and societal illnesses of the world," Viel said in an email. "I want to convey a powerful visual statement about man's inhumanity to man."

The exhibit combines Viel's specialties in mediums—monotype print, watercolor painting, clay and fabric—to "comment visually on the Iraq War and the genocidal tragedy in Rwanda. In Memoriam will feature over 4,000 ceramic "spirit bags," each of which will represent one of the lives lost in the war, even after it was declared over.

Rwanda will have a similar theme of remembrance; and installment of 600 paper faces serves as a small reminder of the 800,000 men, women, and children that were murdered within 100

days in the spring of 1994. This idea came directly from one of Viel's dreams. "In the dream, I saw a Rwandan family sitting at a breakfast table," Viel said. "There was a mother, father, daughter and son. Then they were gone. They had simply vanished, but for a moment, the imprint of their faces remained in the air that they had displaced, then those imprints were gone." Viel hopes visitors will leave with a changed mind and a sense of urgency to right wrongs. "From my show, I would hope that people realize that we are all interconnected on this planet and I hope that through my work people never forget the human toll that war takes."

Farther down the hall will hang an exhibit without political implication, but certainly not without passion. During her 10 years here at CNU, Viel was an avid collector of student art. "This

ArtCNU student work is on the walls, leaning against the walls, in rented storage space, on the floor, on tables or desks," she said. "It's everywhere and I love it. I can't imagine ever living in a home without real art on the walls." In the Bought, Bartered, and Gifted collection, student art that Viel collected over the years will be hung next to recently created art by current students in the ArtCNU program. This pairing will provide contrast and will show how much students' art and artistic styles in general have changed. "I want them to see what talented and creative students have come through the ArtCNU studio program and by extension show people what wonderfully talented art faculty CNU has," Viel said. ■

Check out the full article under the A&E tab on thecaptainslog.org

Family weekend concert gives auditory tour of Ireland

Annual music showcase gets Irish treatment

BY VICTORIA LURIE
VICTORIA.LURIE.13@CNU.EDU

The dreary weather actually worked perfectly for the annual Family Weekend Music Showcase. This year's theme was "My Wild Irish Rose," and few things scream "Ireland" to Americans more than torrential downpours and the occasional leprechaun. The Music Showcase had both.

It would be easy to attribute this year's theme to the Marching Captains' impending pilgrimage to Dublin, but Music Department head Dr. Mark Reimer says that the mothers in the audience were the real inspiration; the performance was interspersed with stories and pictures of the music moms, and each mother was handed a rose upon entry into the Ferguson Center.

On par with tradition, the festivities began with the Marching Captains, who at 205 members provided over half of the performers for the afternoon. Among the more festive songs in their

repertoire was "I'm shipping up to Boston," and audience members were encouraged to pledge money to the band's Dublin campaign during their performance.

Between performances, leprechauns would run up to the podium and present Reimer with the name of a benefactor in attendance. As of press time, donations were still being tallied.

Men's Chorus took to the stage to perform a jaunty yet somber rendition of Michael McGlynn's "Dúlamán." The orchestra was right on the chorus' tuxedo tails with "a Keltic Feast," and though they were smaller in number this year than last, Reimer said they "sounded even stronger."

Women's Chorus was next with a tongue-in-cheek ode to purity and sobriety entitled "God's Bottles." They were accompanied by harpist Vince Zentner.

The Jazz Ensemble performed "Tickle Toe" in between the succession of choirs, and the Chamber Choir sang a song from the operetta "The Merry Widow;" they were joined onstage by Dr. Rachel Holland (soprano), Dr. John McGuire (tenor) and waltzers Arthur Sigmund and Megan Troxel, both seniors.



The Women's Chorus performs "God's Bottles." HANNAH MCCLURE/THE CAPTAIN'S LOG

The penultimate act of the afternoon was the wind ensemble, who performed "Steppin' Round."

The afternoon concluded in a grand finale of "Danny Boy," sung by the choirs to the music of the orchestra, and accompanied by the visiting harpist and

herald trumpets. The lights flashed in the colors of the Irish flag and confetti rained down on the audience members who were waving their complimentary glowsticks somberly, lighting up the concert hall like a bunch of Celtic fireflies. ■

Camaraderie, paintball and gun safety at new club

After learning that CNU did not have a combat-sports related clubs, two first-year students decided to start their own.



Aside from the recreational aspect of the club, Smith and Bradford hope that a group focused on paintball and airsoft will help educate students about gun safety. **FILE PHOTOS COURTESY OF JACKSON HEVERLY**

BY LYDIA JOHNSON
LYDIA.JOHNSON.13@CNU.EDU

Two freshmen are starting a combat-sports club that is the first of its kind at CNU. Students Zachary Smith and Dylan Bradford contacted each other about this idea just weeks ago. Now they are almost ready to launch a club that offers airsoft and paintball.

Smith played airsoft back home, but he did not find a community for it here. “I expected there to be a bigger interest, but there really wasn’t,” he said. That’s when he sent out interest letters and made a Facebook page. Bradford, who has seven years of paintball experience, contacted Smith and wanted to get involved. Eventually they gathered enough interest to present the idea to Student Affairs.

Bradford admits that the project is quite an undertaking for freshman students, but that never swayed them. “We want to do it,” he said. “We think it’s a great idea. If we get a good team going, we can help it grow over the next four years.” The club is still in the planning phase, but they hope to have their first meeting within the next month. They currently have about 12 prospective members.

Smith hopes to educate the new group on the differences between airsoft and paintball. “A lot of people use the words interchangeably, but they focus on two different things,” Smith said. Airsoft involves military-simulated strategies and tactics, while paintball serves as a more recreational sport. Both use similar guns, just different types of ammunition.

Smith said the CNU Police Department has been involved throughout the club’s formation since the sports involve simulated weapons. “We definitely want to have a gun education course, hopefully offered by PD,” Smith added. “We’re trying to increase gun safety through airsoft and paintball.” The club also hopes that CNU PD can store the equipment so they do not have to rent a storage unit. They are waiting on a response about storage before they move forward.

Aside from increased safety and education, Bradford feels the club will bring more diversity to campus. “This just reinforces the message that CNU offers a lot more than the average college,” he said. Smith agrees and noted the school has fully supported the efforts of this new club. “CNU and the Police Department

have been really receptive to getting this club going, so it’s been nothing but positive,” said Smith.

Students interested in the club can visit the Airsoft/Paintball Club Facebook page or email zachary.smith.15@cnu.edu or dylan.bradford.15@cnu.edu. Games generally cost about \$20 per person for weekend admission, but members must bring or rent their own equipment. Practices will take place off-campus at Bethel Field just ten minutes away. The club has not yet determined a membership fee. Both beginners and experienced players are encouraged to join. ■



Starting up a new club at CNU is a big undertaking, especially for new students. But Smith and Bradford’s love of the game convinced them to give it a try.

Best use of breaks

Don’t spend the whole break on Netflix, try to find productive ways to spend your time.

BY KATHERINE GITTMAN
KATHERINE.GITTMAN.13@CNU.EDU

Read your favorite book

As you have just recovered from nearly two weeks of midterms, papers and various assignments, take the time to read a book that you enjoy. If you’re not into reading a novel, find a magazine to catch you up on the latest news, fashion trends and celebrity gossip!

Have a movie night

Since you are not under stress or filled with guilt by not doing an assignment, grab your family, a friend, some popcorn and watch one of your favorite movies. And if you want to get out of the house, head to the movie theater and check out the latest blockbuster hit!

Visit your best friends from back home

There is nothing like seeing your best friends from home after being away at college for a long period of time. Whether you and your friends like to hang out at a local Starbucks, play your favorite sport or go to a festival or pumpkin patch. Take advantage of seeing the people who know you best!

Spend time with your pets

If you have any social media site, you have probably seen pictures or videos of cute puppies and kittens or have seen tweets along the lines of, “I just want to go home so I can see my dog.” Seeing your pet can be a great way to relax, so while hanging out around the house, grab your pet’s favorite toy and spend some time with your beloved canine or feline.



One of the best parts of vacations is getting a chance to catch up with old friends.

PHOTO ILLUSTRATION BY MACY FRIEND/THE CAPTAIN’S LOG

Go out to your favorite hometown restaurant

We all have our favorite food, and sometimes we can only find the food we crave at certain restaurants. Unfortunately sometimes when we are in college we may not be able to drive to our favorite restaurants because they may not be in our college town. So while you’re home, treat yourself to your favorite restaurant and indulge in the food you have been craving!

Spend time with your parents

No matter whether you’re a freshman going home for the first time since you’ve started college or a senior who has gone home numerous times, seeing your parents never gets old. Be sure to make some time for them during break. It’s likely they have gone through a lot of withdrawal while you’ve been away from home for months.

Make a craft

If you have a Pinterest, your newsfeed has more than likely been filled with different types of crafts such as painted canvas, jewelry, scrapbooks or anything else you have probably seen advertised at Michael’s. Even if you don’t consider yourself a crafty person, it can serve as a great stress reliever and really make you think outside the box while boosting your creativity. ■

A literary field trip back in time

Students in Dr. Rowley's English 421 class, along with other English majors, recently traveled to Staunton to see "Henry VI, Part 1."



Students who attended the field trip got the unique opportunity to tour backstage of Blackfriars' Playhouse before viewing a live performance. The stage itself was built and decorated to resemble as closely as possible one of the playhouses that Shakespeare performed in. PHOTO COURTESY OF DR. JEAN FILETTI

BY BETHANY PYLE
BETHANY.PYLE.12@CNU.EDU

There are very few things that can convince me to wake up at 6 a.m. on a rainy Saturday for a three-hour drive. But a free trip to see a Shakespeare play is absolutely one of those things. This past Saturday Oct. 3, members of the CNU English and Medieval and Renaissance studies departments travelled to Staunton, Va. to see a performance of "Henry VI, Part 1" at the American Shakespeare Center (ASC).

The trip was led by Dr. Sharon Rowley, accompanied by Dr. Jean Filetti and Dr. Rebecca Barclay of the English department. It gave students currently taking Rowley's Shakespeare class a chance to actually see what a live performance looks like. The trip was also open to students like myself, members of the English department who aren't taking Rowley's class but still love Shakespeare.

The trip began with a full tour of the theater, including a chance to go backstage and see props, costumes and practice rooms. The theater itself is a replica of the Blackfriars Playhouse, a closed theater that Shakespeare used for performances in his day. It is built in the same style and uses many of the same techniques that were used back then, adding only a few modern conveniences like electric lighting, heating and air conditioning. And of course, unlike Shakespeare, this troupe does include quite a few women.

The ASC is also unique in the way it mimics as closely as possible the way a performance would have run in Elizabethan England. That not only means that the entire show is done

with the lights on, as Shakespeare performed his plays in daylight, but also that the actors entertain the audience before the show and at intermission with live music, just like the Bard's troupe would have done. While the Elizabethan actors would have played popular, contemporary music, the ASC's actors also played modern pop and rock songs using their acoustic instruments. This created a fun and engaging atmosphere of modern, relevant music in a traditional Shakespearean setting.

After the tour, the show began, and the actors jumped right into a scene of mourning at the death of King Henry V. "Henry VI, Part 1" focuses on both the battle between the French and the British, as well as the British War of the Roses. It's one of Shakespeare's lesser known histories, so I did think that some parts of the plot were a bit hard to understand.

But even if you didn't understand every word, the way it was presented to the audience made for a fantastic show nonetheless. The play is filled with scenes of battle and political intrigue that kept our audience on the edge of their seats up until the last line. And true to its name, this play is only part one of a three part story, so it ended on a big enough cliff hanger to make me want to book my tickets now for Part II.

While Shakespeare may not be everyone's favorite author, there's just something different about seeing his works performed live. The effort put in by both the theater's designers and the actors themselves breathes life into 500-year-old words. ■

EVERYBODY PANIC!

Midterms week is upon us. But before you pull that third all-nighter, remember to take some time for yourself.

BY KELSEY RIPA
KELSEY.RIPA.12@CNU.EDU

The month of October is a double-edged sword; we have Halloween and Fall Break, but we also have...midterms. Before you start injecting caffeine into your system to stay awake while studying, it's best to remember not to overwork yourself too much. Take a tip from your fellow students who have numerous ideas for ways to de-stress.

When most people are faced with stressful responsibilities looming over them, they try to avoid them as much as possible. The best way to do this is complete comfort immersion. For senior Sammie Finley, this involves blankets, tea and cute Youtube videos (mostly involving an adorable cat named "Lil Bub"). Another senior, Eileen

Murphy, likes to isolate herself in the comfort of her room. "I lock my door so my roommates don't know I'm there, I read non-school related books and put on some worship music," she said.

Others like to take a more active approach to eliminating stress. Senior Anastasia Tryfates said she likes to sing and dance with her friends, completely blocking any stressful things from her mind.

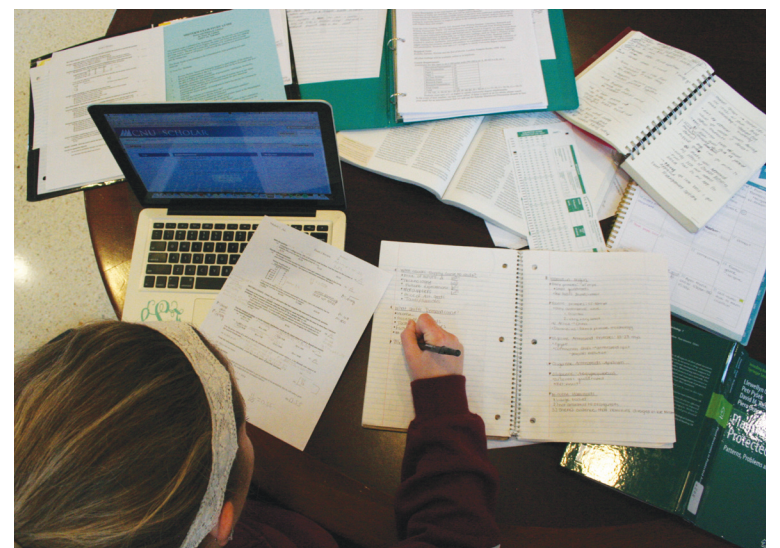
Senior Amanda Miller also said that she will "literally do any and everything not to think about my responsibilities. And if worst comes to worst, I'll go to the gym." Many students would agree that hitting the gym or going for a quick run on the Noland Trail is a great way to chase away stress.

On the other side of the spectrum, senior Brett Yeargan

said, "I don't de-stress; I live in a constant state of anxiety. But if I had to choose something, watching movies is the closest thing that will help me out."

Freshman Hunter Nolan likes to do something similar by watching all of his favorite movies that he's come to love; a very comforting method to escape by immersing oneself into something familiar.

Whichever method you prefer, be it keeping active or getting lost in a good movie, keep in mind that too much of a good thing can be dangerous. You don't want to spend too much time de-stressing, or you will only start to run out of time to do whatever it is that's worrying you. Be sure to find a good balance between the responsibilities that lie ahead of you, and take time to charge your batteries and treat yourself. ■



Midterms week means papers, tests and reports on top of all your regular weekly commitments. But despite all that, it's important to take time off and avoid the mental breakdown. PHOTO ILLUSTRATION BY MACY FRIEND/THE CAPTAIN'S LOG

YOUR RECLINER IS WAITING.
RESERVE IT NOW.
ONLINE AT PARAGONTHEATERS.COM



PARAGON CITY CENTER 12

\$8 MOVIES FOR CNU STUDENTS
(MUST PRESENT ID)

LEATHER RECLINING SEATS
WITH FOOTRESTS AND TRAY TABLES

BEER, WINE &
EXPANDED CONCESSIONS MENU

TWO 60' EXTREME SCREEN AUDITORIUMS

FREE PARKING – STREET LEVEL & GARAGE

\$6 TUESDAY - ALL MOVIES*, ALL DAY!

11810 FOUNTAIN WAY, NEWPORT NEWS
(CITY CENTER AT OYSTER POINT) ▪ 757.525.9898

PARAGONTHEATERS.COM



*EXCLUDES HOLIDAYS. 3D FILMS NOT INCLUDED. SOME RESTRICTIONS MAY APPLY.



MATINEE BURGER JUST \$3
ALL DAY WEDNESDAY
(SERVED A LA CARTE; SIDES ADDITIONAL)

neo
kitchen + bar

NEOKITCHENANDBAR.COM



11810 FOUNTAIN WAY, NEWPORT NEWS • CITY CENTER AT OYSTER POINT

MONDAY – THURSDAY, 3:00 – 5:00 PM IS

**POWER
HOUR**

GET A MY PI* FOR JUST \$3.14

my pi

custom pizza • craft beer

CITY CENTER AT OYSTER POINT • 11810 FOUNTAIN WAY, NEWPORT NEWS
PENINSULA TOWN CENTER • 4311 EAST CLAIBORNE SQUARE, HAMPTON

MYPIPIZZA.COM



*SOME RESTRICTIONS MAY APPLY