



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

VOLUME 50, ISSUE 18 FEBRUARY 27, 2019



(Left) The Men's team poses after reclaiming the CAC Championship title against defending champions York College. (Right) Seniors #3 Zhara Tannor, #30 Jessica Daguilh and #22 Madison Howdyshell share a hug after an emotional victory against Southern Virginia University. COURTESY OF CNU OCPR

MICHAEL INNACELLI
MICHAEL.INNACELLI.15@CNU.EDU
MATTHEW SCHERGER
MATTHEW.SCHERGER.16@CNU.EDU

With Championship titles on the line, both the Men's and Women's basketball teams took care of business in the Freeman Center to continue their

dominant play this season.

Big performances from key players are what both teams needed on the way to their victories and both teams got them.

The Men's team avenged their loss to #2 York College last year in the championship game with a 78-56

showing. They were lead by #3 Marcus Carter and #31 Cutch Ellis. Carter led the court in scoring with a total of 31 points with four three-pointers, and Ellis scored 14 points before fouling out.

With a 83-67 victory over #2 Southern Virginia University, the Women's

team claimed the CAC Championship title for the second time in six years. The two top performers for the Captains on the women's side were #5 Kiana Kirkland and #3 Zhara Tannor. Kirkland scored 23 points on the back of five three-pointers, and Tannor had 16 points and three three-pointers.

STORY CONTINUED
ON PAGE 11

What's Inside

News

SDEC creates photo series to celebrate Black History Month.

Snapshot

If you missed out on 'Oklahoma!' Snapshot has full coverage.

Sports

CAC indoor track ruling, explained.

A&E

Explore the latest exhibitions at the Chrysler Museum.

Lifestyle

Down for some downward dog? Check out your new yoga studio.



Weekly Pic

Members of the CNU Pep Band cheered on the basketball teams as they each captured CAC Championship Titles.

COURTESY OF CNU OCPR

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



CNU TV

The Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. hosted their annual B.L.A.C.K. art showcase. CNUTV provides some highlights as well as a livestream of the event.

Happened

February 23

CAC Basketball Championship

The Women’s and Men’s Basketball teams both claimed the CAC Championship title on C.J. Woollum Court in the Freeman Center.

February 26

Heather Lanier Research Presentation

Creative Writing faculty candidate Heather Lanier presented her research titled, “Essaying One’s Way to the Story: A Reading and Discussion” in MCM 220 during the lunch hour.

Happening

February 27

Executive Leadership Forum

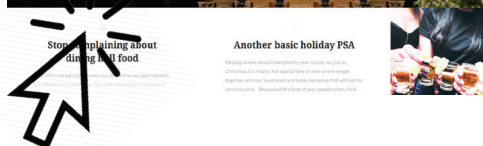
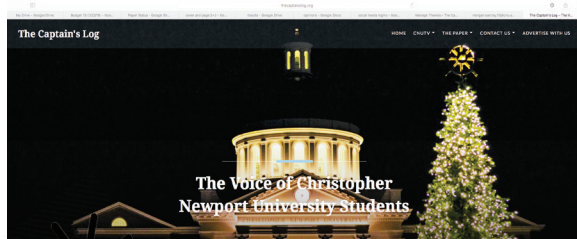
Join President Tribble and other CNU administrators at 6 p.m. in the Gaines Theater to answer questions from students.

March 1

Spring Break Begins

Kick off the second half of the semester with some well-deserved rest Captains! Whether you’re going on a cruise, hitting the beach or simply relaxing at home, we wish you safe travels.

Go online with The Captain’s Log!



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

The Captain’s Log Staff

Matthew Scherger
Interim Editor-in-Chief
Michael Innacelli
CNUTV Managing Editor
Sports Editor
Hannah Lindenblad
Photography Editor
Emma Dixon
News Editor
Kristen Zicarelli
A&E Editor
Anna Dorl
Lifestyle Editor

Liam Rowell
Business Director
Mara Tharp
Production Manager
Copy Editor
Paige Stevens
Social Media Manager
Jason Singarayer
CNU Studios Editor
Jason Carney
Co-Faculty Advisor
Nicole Emmelhainz
Co-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.

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.

Leadership beyond the columns

First Lady of CNU recognized for local and state-wide accomplishments

MARA THARP

MARY.THARP.17@CNU.EDU

Last Monday, the Virginia General Assembly recognized the leadership of Rosemary Tribble, the first lady of Christopher Newport University. With 140 delegates on the floor, Del. David Yancey, R-Newport News presented a resolution to Rosemary Tribble for her contributions to the Commonwealth.

This recognition comes following the conclusion of her tenure as founding president of Fear 2 Freedom. An organization that is dedicated to supporting survivors of sexual assault, Fear 2 Freedom was founded in 2011, nearly 40 years after her own sexual assault. This organization has spread to 59 campuses, providing support to sexual assault victims through after-care baskets and encouraging campuses to “Be the Change.”

“For many years Rosemary has been a foundation of strength and inspiration of both love and healing,” Yancey said. “She has dedicated her life to helping others find happiness and healing.”

Recognition extended to her work on Governor Terence R. McAuliffe’s Task Force on Combating Campus Sexual Violence. Established in 2014 by an executive order, the collaborative group of state leaders, health and safety experts and representatives from higher education met monthly to formulate recommendations to make Virginia higher education safe living and learning environments. They were tasked with formulating recommendations for prevention of sexual assault on campuses, supporting victims in their reporting of crimes and holding perpetrators accountable among other goals.

In addition to her work in combating sexual violence, Rosemary Tribble was recognized in the resolution for her contributions to designing CNU’s “breathtakingly beautiful campus that will continue to serve Virginia for years to come.” Rosemary Tribble brought her expertise to the expansion of CNU’s campus from her work with an interior-design firm in Washington, DC during her husband’s time as state senator.

The resolution also noted Rose-



Senators and delegates along with Rosemary Tribble and President Paul Tribble stand on the house floor following the formal presentation in the Capitol building in Richmond, VA. COURTESY OF CNU OCPR

mary Tribble’s tradition of hugging every graduate after they receive their diploma, an action of admiration for the students accomplishments and her “appreciation for their lives and rich promise.”

Family and friends of Rosemary Tribble witnessed her recognition on the gallery of the General Assembly. For long-time friend Mari Ann Banks, this supporting Rosemary Tribble at the recognition was a privilege.

“For friends that know and love [Rosemary Tribble], we always have been proud of her various reasons, but especially for her bravery and courage to come out with her story and help so many other people who have had similar experiences,” Banks said. “We are so very proud of her.”

Del. Yancey’s presentation also

spoke to his pride for Rosemary Tribble’s dedication and compassion. Yancey thanked Rosemary Tribble on behalf of Del. Jones and Sen. Mason, as well as the 140 General Assembly members and the over 8 million Virginians they represent.

“Rosemary Tribble offers us an example of moral leadership and courage to empower students and communities to combat sexual violence,” Yancey said.

For CNU students, this recognition reminds them that the impact of her life’s work stretches far beyond this campus. In her own effort to “Be the Change,” she has empowered survivors across the Commonwealth and the country to stand up to sexual violence, support survivors and restore hope.

“We want to thank you and thank your dedication and your love for everybody at their hardest moment; you are there in your triumph for them,” Yancey said in his closing remarks. “Rosemary we love you, we thank you and we say God bless you on behalf of all of those we represent.” ■

To view the full broadcast of the ceremony with Del. David Yancey’s remarks visit:
<https://viriniageneneralassembly.gov/house/chamber/chamberstream.php>

CHRISTOPHER NEWPORT UNIVERSITY
*applauds and adores **First Lady Rosemary Tribble** – honored with this resolution adopted by the General Assembly and commending her for her many contributions to the lives of Virginians*

HOUSE RESOLUTION

Whereas, Rosemary Tribble has concluded her tenure as the founding president of Fear 2 Freedom after many years of service to college students and survivors of sexual assault throughout Virginia and around the world; and

WHEREAS, Rosemary Tribble used her own terrible and tragic experience as a rape victim to help others by counseling hundreds of women individually and thousands more through her work with Fear 2 Freedom; and

WHEREAS, Rosemary Tribble authored a book, *Fear to Freedom*, where she recounts her journey from the trauma of rape at gunpoint at the age of 25 to freedom through forgiveness and shares her story with others; and

WHEREAS, Rosemary Tribble has with all her heart dedicated her life to seeing others find joy and walk the path of healing; Fear 2 Freedom now operates worldwide, partnering with hospitals and universities, to provide education, information, and support in an effort to end sexual assault, child abuse, domestic violence, and sex trafficking; and

WHEREAS, under Rosemary Tribble’s leadership, Fear 2 Freedom has provided thousands of students with information about sexual assault and demonstrated how they can combat sexual violence on their campuses and in their communities and support survivors by assembling Fear 2 Freedom Aftercare Kits, more than 20,000 of which have been distributed; and

WHEREAS, Rosemary Tribble served on Governor Terence R. McAuliffe’s Task Force on Combating Campus Sexual Violence to develop recommendations for reforming and improving the way Virginia works to prevent and respond to sexual violence on college campuses; and

WHEREAS, in addition to her formal duties as the first lady of Christopher Newport University, Rosemary Tribble has befriended, supported, actively mentored, and inspired countless students during the 23 years that her husband, Paul Tribble, has served as president of the institution; and

WHEREAS, Rosemary Tribble has poured her creativity and professional design expertise into all of the new buildings at Christopher Newport University, creating a breathtakingly beautiful campus that will continue to serve Virginia for years to come; and

WHEREAS, Rosemary Tribble has hugged each graduating Christopher Newport University senior after they received their diploma to demonstrate her admiration for their accomplishments and her appreciation for their lives and rich promise; and

WHEREAS, Rosemary and Paul Tribble are the understandably proud parents of two children who embody the values of excellence and leadership that have been the hallmarks of their public lives and the devoted grandparents of three precious grandchildren who are the light of their lives; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend Rosemary Tribble for her service as founding president of Fear 2 Freedom; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Rosemary Tribble as an expression of the General Assembly’s admiration for her contributions to the Commonwealth of Virginia.

Black History Month Photo Series

SDEC creates photo series that allows students, faculty to share what Black History Month means to them

EMMA DIXON

EMMA.DIXON.17@CNU.EDU

Every year, Feb. 1 – Feb. 28 is Black History Month in the United States.

This year, CNU has provided students with many events that celebrate Black History Month, ranging from guest speakers to the Black Student Union's (BSU) BLACK Ball to the Alpha Phi Alpha Fraternity Inc. B.L.A.C.K. Arts Showcase and more.

This year, there was another event the CNU community had a chance to participate in.

The Student Diversity and Equality Council (SDEC) created a Black History Month photo series, similar to the one they did last semester for Hispanic Heritage Month.

Faculty and staff were photographed with quotes they hand wrote on a whiteboard.

Each quote explains what Black History Month means to that particular individual.

The idea for the photo series was primarily created by senior

Gaby Olivera, President of SDEC, who is passionate about projects that increase representation and understanding of diverse student experiences.

The goal of the project was to highlight the experiences of minority students and faculty members on CNU's campus.

Although these photos were fairly similar to the Hispanic Heritage Month photo series, SDEC formatted the images a little differently in order to really emphasize the personal statements of the participants in the Black History Month photo series.

"I think there are definitely things we can improve on to get the images more visible on campus," junior Ashley McHenry, Vice President of Development for SDEC said.

"But I'm really proud of what we did. Everyone seemed interested in the project."

The Black History Month photo series was displayed at numerous events throughout the month, including the

B.L.A.C.K. Arts Showcase and BLACK Ball.

Dining services presented the photos during the Black History Month Theme Meal in Regattas and Commons.

SDEC also tabled and displayed the portraits in the DSU on Feb. 18 – 20.

Currently, SDEC is working on another photo series for Women's History Month for next month, March.

The photography session for the Women's History Month photo series was held this past Tuesday, Feb. 26.

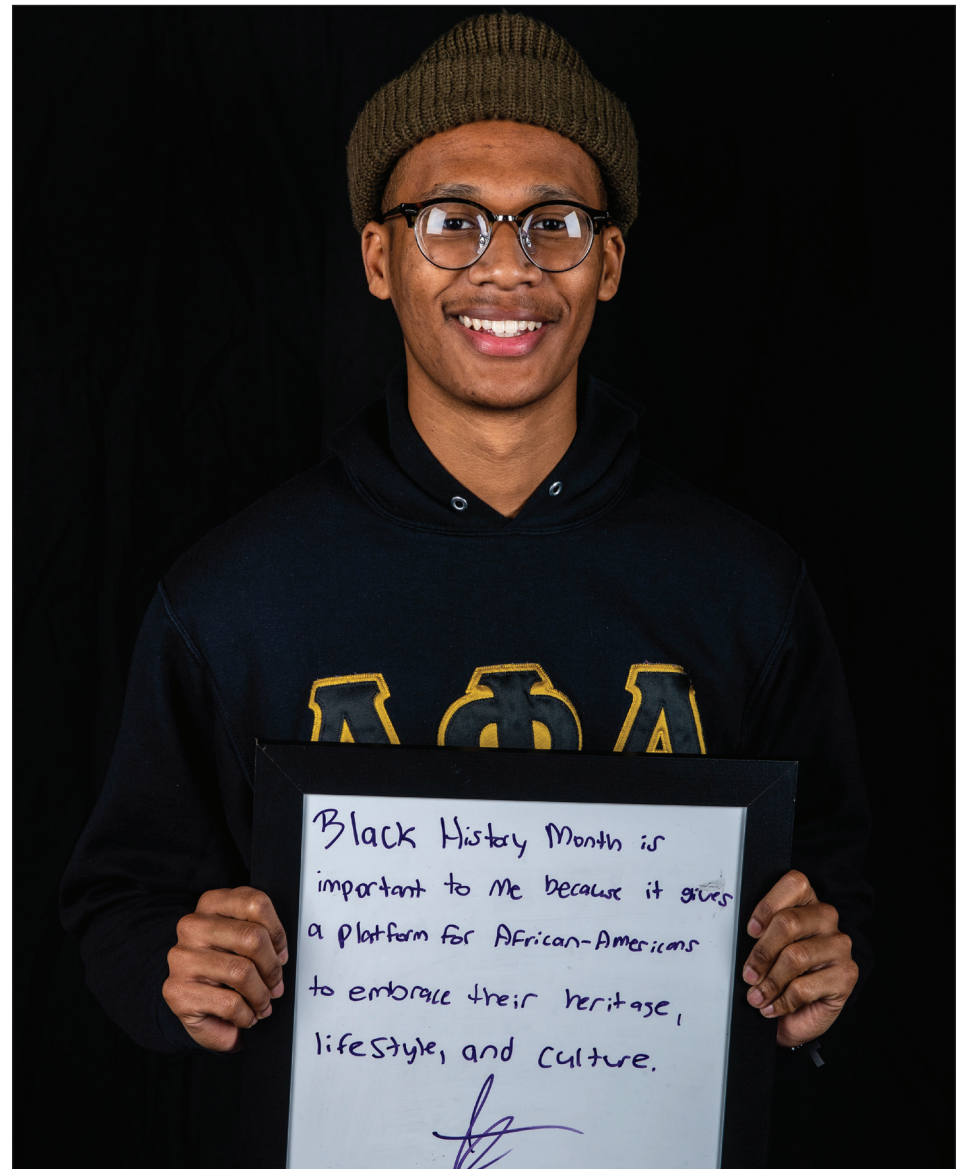
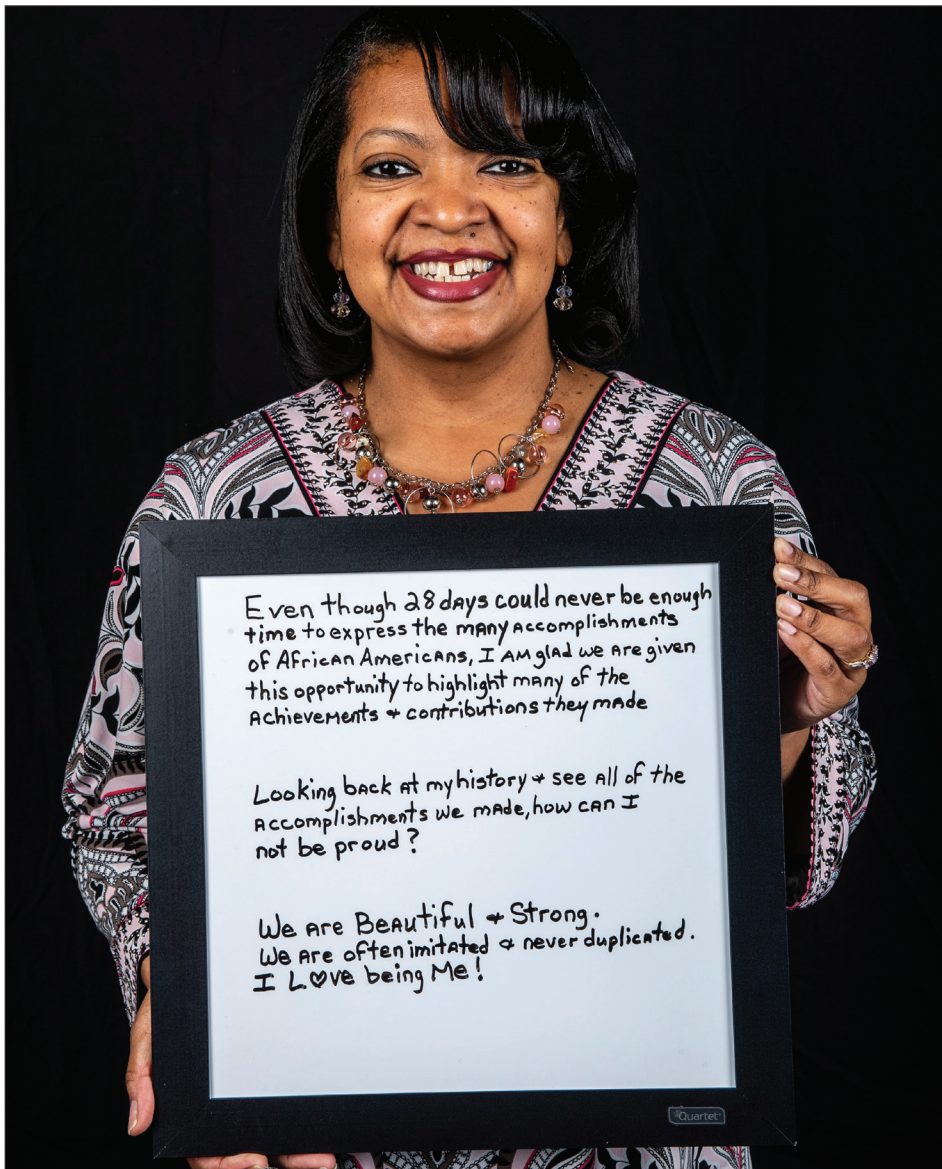
Ten women will be featured in this photo series, which will be released after Spring Break.

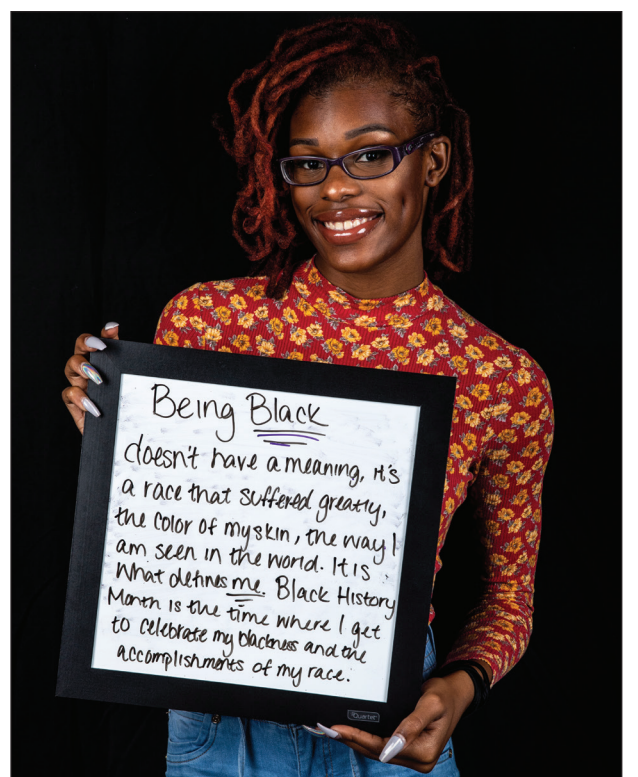
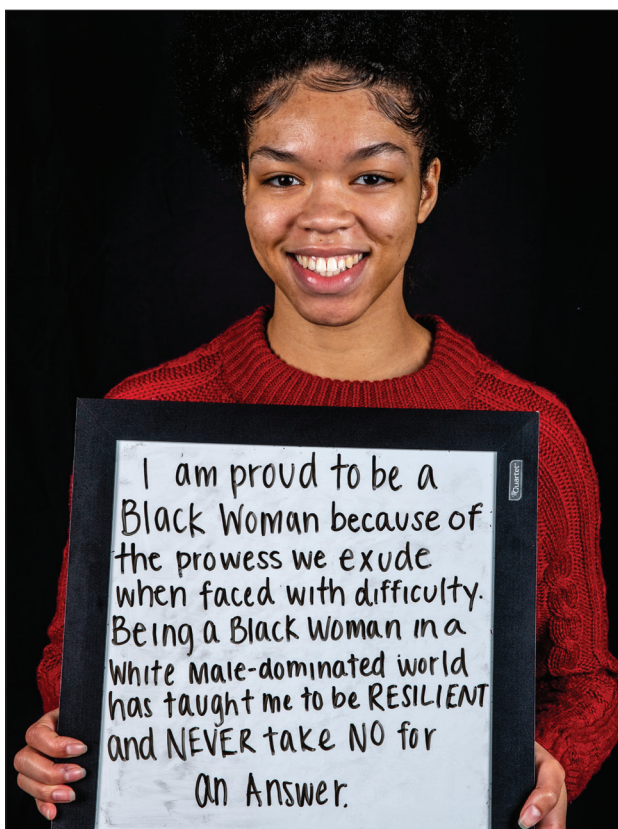
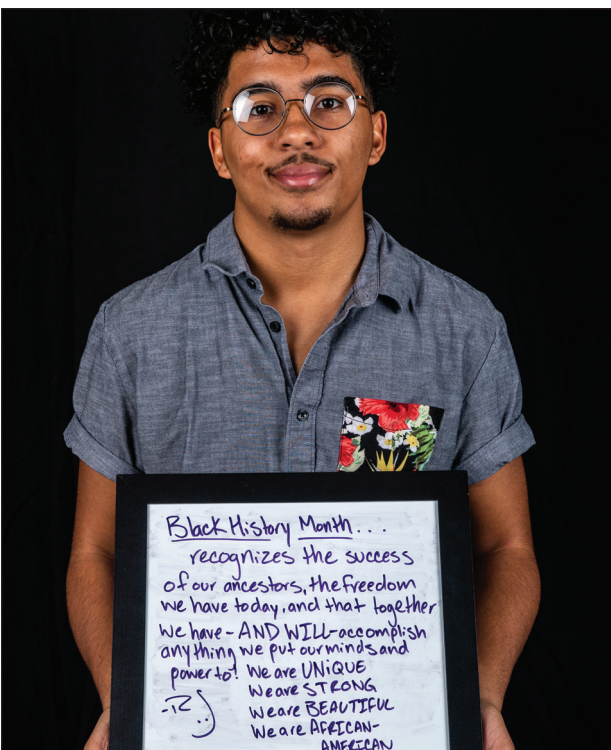
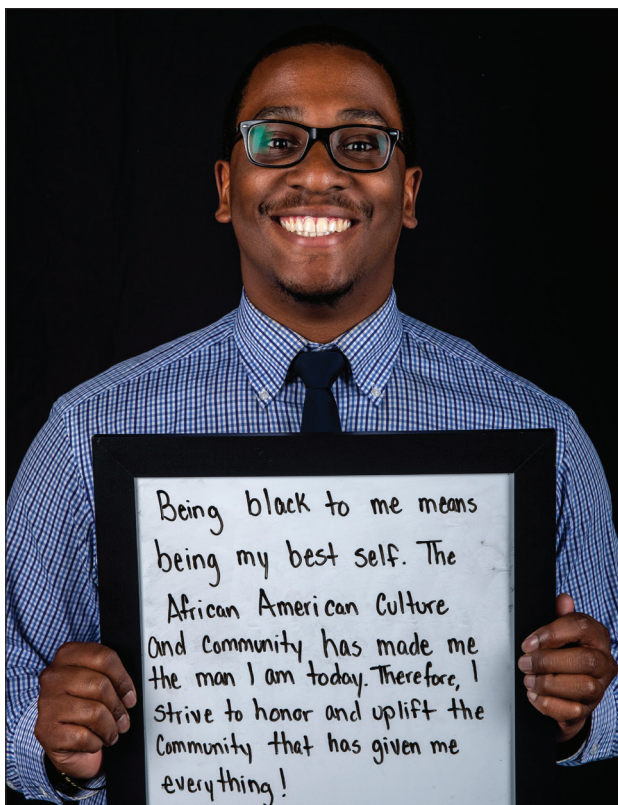
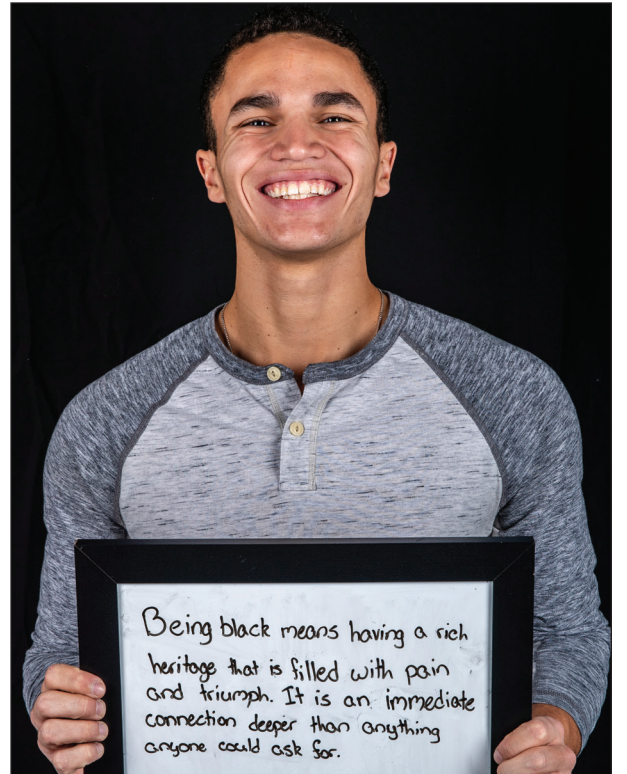
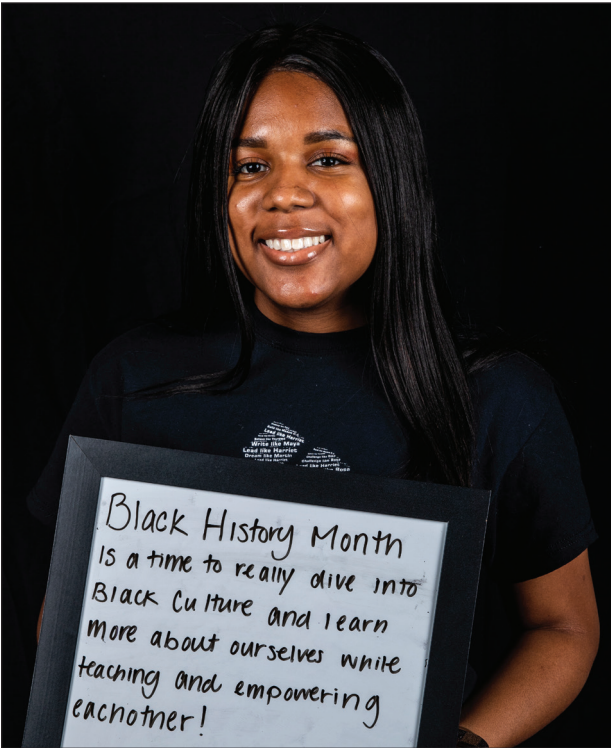
SDEC is also planning to do a photo series for Asian Pacific American Heritage Month in May as well as LGBT Pride Month in June, although they are not currently in the works yet.

Found on pages four and five are 12 out of 22 of the portraits created during the Black History Month photo series. ■



COURTESY OF ASHLEY MCHENRY AND GABY OLIVERA / SDEC





"We were on a BREAK!"

Spring break is a time for rest and relaxation, not
studying and essay writing

MARA THARP
MARY.THARP.17@CNU.EDU

When I was younger, movies and television convinced me that college spring break involves a mob of twenty-somethings raving on a beach, leaving only large amounts of trash and people’s lost dignities on the sand. While I was not looking forward to a week of irresponsible behaviours, I certainly did believe that spring break would be an opportunity for rest and rejuvenation.

Nine days away from campus enables us to take a mental break, to leave our textbooks in our dorms and spend time with family and friends. As I am sure many students have experienced, this is nearly impossible in practice.

My freshman year I realized that many professors utilize spring break as a week to assign papers or other lengthy assignments because of all the “free time” we will have. This happened during the fall semester during Thanksgiving Break as well.

That was especially frustrating because it surrounds a holiday that is meant to be spent with your family (not your textbook and planner).

This past Thanksgiving break I chose not to work on assignments designated to be completed over the three days off because I wanted to focus on time with my family. The immense guilt that I felt for spending time with my family instead of writing a paper ate away at my “break” from school.

When I finally broke down and started working on the assignments, another feeling of guilt emerged. I had just traveled hundreds of miles to come home and be with my family, whom I see sparingly during the school year, and I am still losing time with them to school.

There is the argument that in the “real world” taking vacations often still requires people with jobs to check in with work or possibly handle a few things, but for many college students spring break is an opportunity to go home to their part-time jobs and make money. Additionally, college students are paying for these classes, and as “consumers” they should not have the same expectations put upon them.

My desire for spring break to

be assignment-free is not coming from a place of laziness or a lack of responsibility, but for the opportunity to “reset” my brain. This physical separation between myself and campus should let me come back fresh and ready to learn, but due to the growing pile of large assignments I have been gathering the past few weeks, it will be impossible to do so.

Living on campus already blurs the line between “work” and “home” to become unrecognizable, causing me to forget the importance of detaching from coursework or campus activities throughout the semester.

It is important to note that not all professors choose to assign work over breaks. In fact, a professor once reminded my class

that breaks should spent relaxing and not being bogged down with homework.

It may be too optimistic to hope that one day everyone will respect and appreciate the purpose of a break, so in the meantime I implore students to let go of the guilt they may feel for not doing assignments over break (or the guilt they feel doing them instead of spending time with family and friends).

Choosing to take care of yourself does not make you a bad student, it means you are self aware and mature. If you come back from break to a pile of assignments that are due on Monday, try to take a page out of Ross Geller from ‘Friends’ book and remind yourself that “We were on a break!” ■

Spring Break Crossword

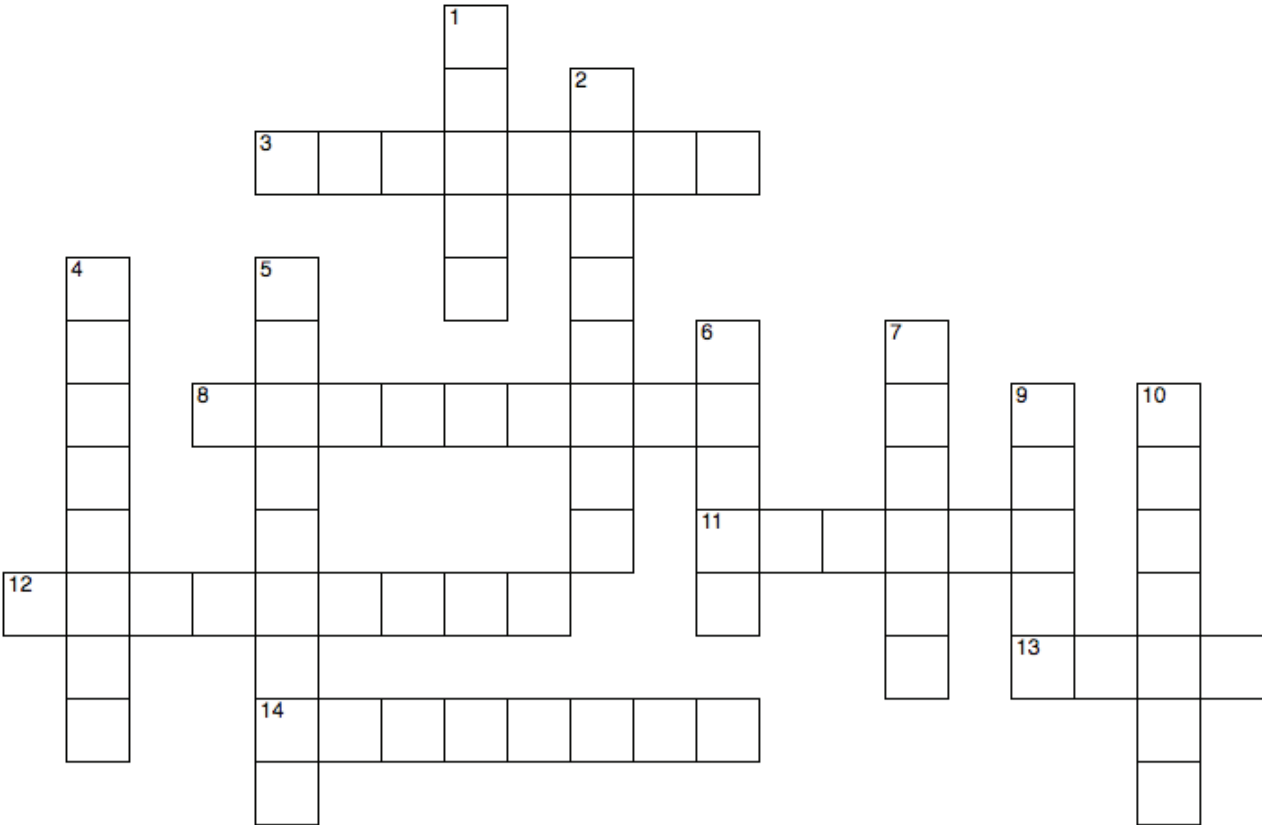
Get in the mood for Spring Break by solving this crossword

ACROSS

- 3. time to spend with family/friends
- 8. Something to say at the beginning of a trip
- 11. big boat
- 12. type of drink
- 13. tropical tree
- 14. vacation by car

DOWN

- 1. an alternative spring break
- 2. the best way to travel
- 4. something you should be doing (but we know you won’t be)
- 5. cold precipitation
- 6. sandy and sunny
- 7. Ohana means _____
- 9. catch up on this
- 10. _____ and chill



What is an opinion?

An editor's response to some online backlash

MICHAEL INNACELLI

MICHAEL.INNACELLI.15@CNU.EDU

Today we have the ability to say whatever we want, whenever we want. This can be both a good thing and a bad thing.

Having opinions is something that is unavoidable, and posting them online is almost as equally unavoidable for our generation.

Here at the paper we like to encourage our writers to have an opinion and we like to post our stories online.

Last week we posted an opinion article online titled "President justified in declaring emergency" written by staff writer Shawn Fleetwood.

Let me start by saying I in no way agree with Fleetwood's opinion on the border wall and the administration in general. That being said, I agree with his right to have this opinion and write about it.

When Fleetwood's story went on to our Facebook page and website it received a lot of criticism. I appreciate that fact, but what I don't appreciate was some of the reactions to it.

It is 100 percent ok to disagree with someone and state that you disagree with them, however, it is not acceptable to think that they shouldn't be allowed to write their opinion.

Some of the comments on the article were constructive criticism, some were just reactions, such as one user saying "yikes," and then there were a few responses that were needlessly harsh.

The ones that stuck out to me were from users saying things along the lines of: "Do you even have editors?" "This is horribly written" and "Learn how to fact check this opinion is wrong."

I only have one thing to say to those people posting these comments: do you know what the point of an opinion article is?

The point of an opinion article is to take a stance and argue for it.

Now I understand not everyone will have opinions that have

clear sides, but Fleetwood's article definitely does have two distinct sides to it.

Fleetwood took a stance on the issue he was discussing, and he argued for that position. It just so happens that his stance was the unpopular opinion on the topic.

No matter what, Fleetwood would have faced a bit of a negative reaction online when we posted it. I have no problem with

argument wasn't solely based on logic, it must be wrong.

I hate to break it to you but an argument actually doesn't need logic to be a well-thought-out argument. There are three main rhetorical appeals of argumentation: ethos, logos and pathos.

For those of you who aren't English or Communication majors I will break what these three are down for you.

Logos is the factual and logical argument, ethos is the credibility of the speaker in an argument and pathos is the emotional aspect of an argument. Appealing to these three aspects makes your argument stronger.

However, it is not necessary to have all three of these types of appeals in an argument, in fact

it is only necessary to have one present. Fleetwood attempted to appeal to mostly ethos and pathos with a little bit of logos.

This means that even though there aren't many hard stats in

his article, he still can make a valid argument. As an opinion writer, Fleetwood did his job at making an argument.

People did not seem to understand that online and I wanted to clear that up.

You can disagree with his argument all you want, but you cannot say it was poorly written because it doesn't have stats in it.

And please people, understand that our editors work hard to make sure this is a respectful environment for opinion writers. I want our CNU community to feel free to debate opinions and ideas fairly, but attacking people is where I draw the line.

Feel free to comment on this piece online if you disagree with me, but understand that this is also an argument. Just because I don't have facts doesn't mean I'm not making an argument.

Also as a last statement - keep posting on our online stories, it makes us better writers and holds us accountable. We (The Captain's Log) are your voice. Write for us, and react to what we write. I'll be right there with you, asking questions on Facebook. ■

"I want our CNU community to feel free to debate opinions and ideas fairly, but attacking people is where I draw the line."

the negative reactions, but the people posting things I mentioned before have missed the point.

The main thing people thought was that because this

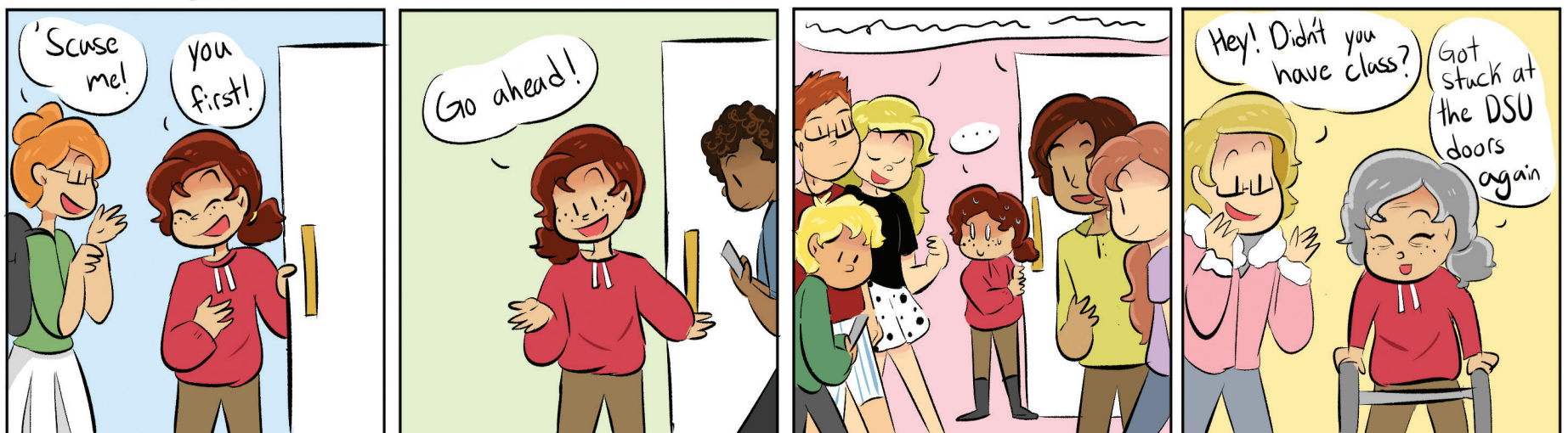
Comics Corner

College life makes for some hilarious and meme-able moments. Here is a relatable scene for an average CNU student.

CNU
Blues

MEGAN MOULTON

MEGAN.MOULTON.16@CNU.EDU





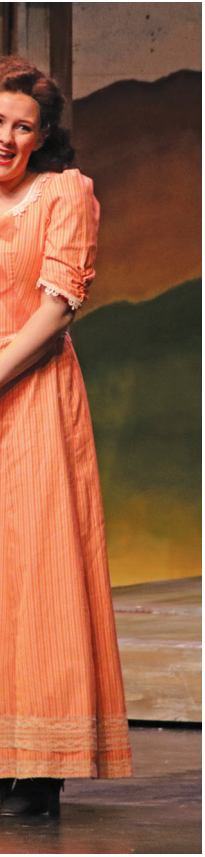
(Above) Cowboy Curly McLain (Adam LeKang) and the entire town dances at the box social and auction in which Aunt Eller (Lauren McCaffrey) auctions off baskets to raise money for the school. (Below) The ensemble dances combined original traditional choreography with choreographer Laura Lloyd's more contemporary style. **SARA KOOCHAGIAN /THE CAPTAIN'S LOG**



Ado Annie (Katie Murphy) sings "I Can't S... her inability to resist men's attempts of romance. (Autumn Laverne) stands aside, reflecting on her own revelations.

TheaterCNU and
Department of Music p
Oklahoma





Say No," detailing
mance as Laurey
g on Ado Annie's

the
presents:
ma!



Cowboy Will Parker (Matt Stevenson) celebrates his prize-winning at the Kansas City Fair, and sings the song "Kansas City" with the male ensemble, describing the modern city to his cowboy friends.



(Above Left) Aunt Eller (Lauren McCaffrey) fires a gun in the air to stop a fight between the rivaling cowboys and farmers. (Above Right) Two members of the ensemble carry the peddler Ali Hakim (Peyton Townsend) up on their shoulders.



UPCOMING HOME GAMES		UPCOMING AWAY GAMES	
Women's Lacrosse	Men's Lacrosse	Women's Basketball	Women's Golf
4 p.m. February 27th	7 p.m. February 27th	7:30 p.m. March 1st	All Day March 1st
Virginia Wesleyan University	Roanoke College	Gettysburg College	Callaway Gardens Intercollegiate

On the wrong track

Ruling issues at the CAC Indoor Track Championship last weekend

MICHAEL INNACELLI
MICHAEL.INNACELLI.15@CNU.EDU

Before we begin, let me, as the writer, address the elephant in the room: Last week there was not an issue on the stands. If you don't follow our social media pages, first of all go follow us on Facebook and Twitter, you might not know why that was the case, but I encourage you to read the information we put on our website and social media accounts last Thursday and Friday. Our cover story for last week was on the CAC Track Indoor Championship and how CNU took home first place. The problem came around 8 p.m. on Tuesday night. As a paper we send to our printer at 5 p.m. on Tuesday, so when 8 p.m. came around and the CAC ruled to take the championship title away from CNU and give it Salisbury the story I wrote was no longer accurate.

We decided in this situation to not put the print edition on the stands, but you can find the whole paper with a corrected cover story online at Issuu.com as well as on our website. With all that out of the way, let's talk about the ruling that took place. The Men's Indoor Track team won the CAC Indoor Track Championship at the actual meet. They beat Salisbury by a total of five points and took home the plaque, shirts and medals. Their success only stood for a few days. On Tuesday, Feb. 19th around 8 p.m. the CAC made an official ruling to give the championship

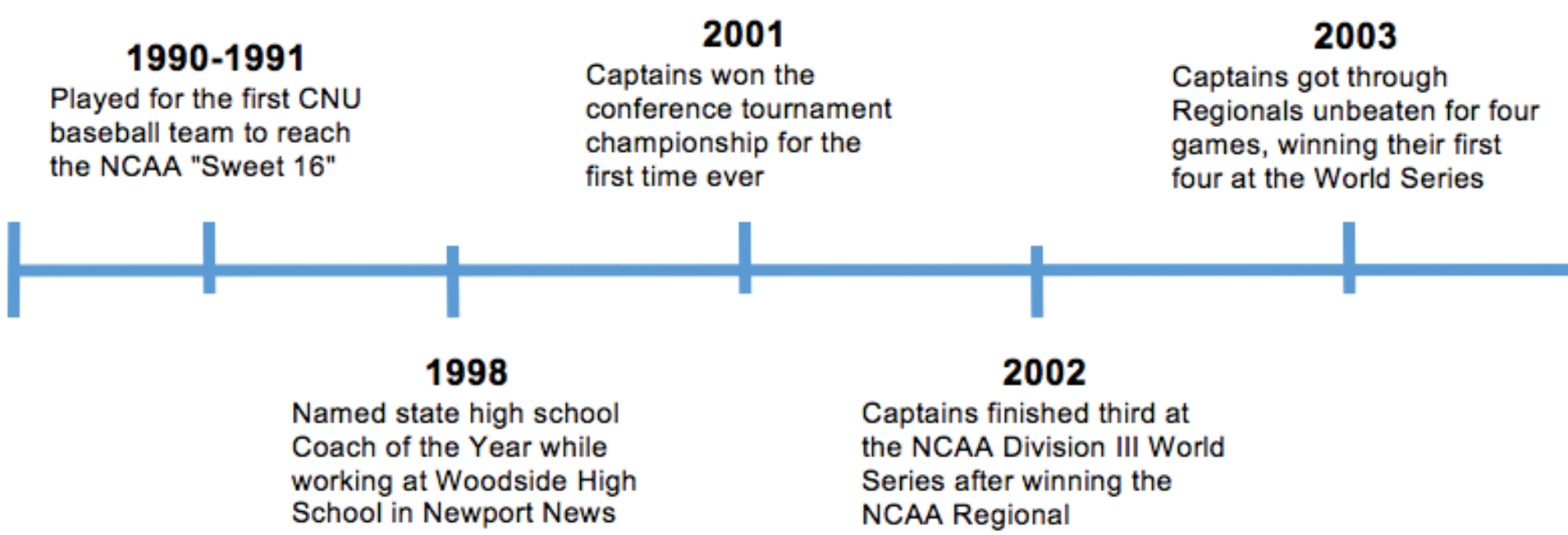
to Salisbury. The ruling came after a discrepancy in the 4x400 meter relay race as there was a bit of contact as a Frostburg and CNU runner came around the final turn. Ultimately the referees decided

“Their success only stood for a few days. On Tuesday, Feb. 19th around 8 p.m. the CAC made an official ruling to give the championship to Salisbury.”

at the meet that the contact was incidental and CNU should be the champions. However, after some debating the CAC coaches requested that the decision be brought to an NCAA Jury of Appeals. The NCAA jury consisted of several CAC coaches who decided to overturn the ruling, disqualifying CNU from the 4x400 meter relay race. This meant that CNU would lose six points and lose the championship to Salisbury, but which ruling should be followed, the referee or the NCAA jury, that's where the disagreement came in as the rule book states both rulings are final. According to Head Coach Tyler Wingard, the decision is one that had to go all the way to the Rule Secretary of the NCAA. His decision was to go with the NCAA jury and give Salisbury the title. The main issue is that both the rules cited: NCAA rule three section four article 3, which favors the Jury of Appeals' decision, and rule four section one article 13 which favors the referee's decision, are written to make it seem like they contradict each other on

who has the final ruling. That is why the Rule Secretary had to be called in for the decision as the two party's involved could not agree on which ruleset to follow. Wingard stated, "I obviously disagree with the rule secretary's interpretation on that, I think it opens up a really big can of worms, but again he is the secretary of the rules so he makes the final decision and we have a new way to think about the appeals process." Wingard went on to explain that while he feels the decision is not ideal, he respects the choices made and believes the CAC rightfully handed Salisbury the title after the ruling came through. This came as a shock to the sports community as it is very rare for a decision like this to be made four days after the meet took place. Many of the staff employees within the athletics department at CNU had thought the CAC title for indoor track was well in the past and that CNU had won once again. The Men's Indoor Track team is now focused on qualifying runners for the NCAA meet and the outdoor track season. They will be up against the same Salisbury team that won the CAC in the indoor season as the Captains look to take home the prize this time around. ■

John Harvell: 500 career wins



CAC Championship

STORY CONTINUED FROM COVER

Stellar performances from these four athletes, as well as solid play down the lineup, was all the Captains needed to take home both the CAC Championships.

The Captains looked largely uncontested throughout the tournament, consistently pulling away from their opponents early and often.

The Men's team first took down #8 Southern Virginia University 89-59 off the three-point performance of #20 Jason Aigner and #3 Marcus Carter, who shot a combined 11 for 20 on the arch.

They then proceeded to outlast #4 Salisbury University. Four Captains scored at least 15 points during the contest on the way to a 87-71 victory.

They capped their tournament play against York. In addition to Carter's highlight reel of a night, the Captain's defense played lights-out against the Spartans, posting 6 steals and 38 defensive rebounds. #10 Tyler Femi showed his prowess with 2 steals and 12 of those rebounds.

The Women's team made sure

the men didn't steal all the headlines, however.

They began their tournament also against the #8 seed, St. Mary's College (Md.).

#55 Natalie Terwilliger, #15 Sondra Fan and #5 Kiana Kirkland all posted at least 13 points in the contest.

They established a 26-9 lead in the first quarter and coasted their way to a 86-60 victory.

They next faced the Eagles of the University of Mary Washington.

The game was a battle in the first half, but a third quarter effort by the Captains propelled them to a 72-53 win.

#1 Jessica Foster and #30 Jessica Daguilh in particular showed up.

Foster made four of her nine three-point attempts and Daguilh made six field goals.

Their final opponent was against the Knights of SVU. Defensively the Captains posted five blocks and 12 steals.

Fan, Tannor and Kirkland's 15, 16 and 23 points respectively were enough to clinch the win for the Captains.

The Men's team will host the first round of the NCAA tournament against Albertus Magnus College, a small private college out of Connecticut.

They are 20-7 and recently captured the GNAC Championship title themselves.

The Captains are in the NCAA

for the fourth consecutive year. Their last Final Four appearance was during the 2015-2016 season.

This was during Carter's sophomore season and Femi's freshman year. Coach Krikorian has now led the Captains to the NCAA tournament six times.

The 2016-2017 season saw their

return to the Sweet Sixteen, but they were unable to replicate this level of success last year.

The Women's team earned a spot in the NCAA tournament as well, and will travel to Gettysburg College to face the 22-5 Bullets.

Gettysburg is coming off a loss in the Centennial Conference finals but is looking to rebound in their second consecutive NCAA appearance.

The Women's team has also

competed in the tournament in four consecutive seasons.

They have made it to the Sweet 16 twice of the last three years, and made it to the Final Four in the 2016-2017 season.

Coach Bill Broderick has led his team to the NCAA in six of his seven seasons at CNU.

The Men's team will tip off at 5:30 p.m. on Mar. 1 in the Freeman Center. The Women's team will play at 7:30 p.m. the same day. ■



The Women's Basketball team celebrates after winning the CAC Championship. COURTESY OF CNU OCPR

Taking a look at some of CNU Baseball coach John Harvell's highlights in his time as a college player and collegiate baseball coach

2011

Accomplished a new world record, winning twenty-six straight games

2015

Registered his 400th career victory

500 Wins!

2012

Led the Captains all the way to national championship day at the NCAA Division III World Series where they finished #2 in the country

2018

Entered eighteenth season at CNU with eight NCAA Tournament Appearances, five conference championships and three Division III College World Series appearances

March 1

Wiz Khalifa
8:00 p.m. The Norva

March 2

Watsky
8 p.m. The Norva

March 1

"The Hole in the Ground"
"The Wedding Guest"

February 27

Ghosts of Brandenburg
12 p.m. Pope Chapel

February 27

Executive Leadership Forum
6 p.m. Peebles

Chrysler exhibitions inspire

Norfolk's Chrysler Museum features temporary exhibits entitled "Chaos and Awe: Painting for the 21st Century" and a exhibit on glassmaking



KRISTEN ZICCARELLI

KRISTEN.ZICCARELLI.17@CNU.EDU

This season, the Chrysler museum features an exhibit entitled "Chaos and Awe: Painting in the 21st Century" along with an exhibition on glass making around the world and throughout history.

Open to the public free of charge, these first-floor exhibitions feature a variety of traditional and non-traditional works of art. Visitors will find "Chaos and Awe" exhibit paintings, videos, sculptures, portrait art and virtual reality experiences.

While there is a great variety in artistic medium, "Chaos and Art" is mostly contemporary works, focusing on modern issues such as 21st century globalization, the impact of media and rising technology.

Glassmaking showcases hold

works ranging from the neoclassical chandelier and stain glass window to the realistic-piece chess set. Accompanying signs inform viewers of former glass making methods and techniques in different cultures and historical time periods. Glass making classes are offered for a separate price for those interested in trying out techniques in a workshop. Featured events include glassmaking demos with glass artifacts and techniques.

Both exhibitions offer interactive material, as "Chaos and Awe" facilitated a virtual reality experience where one could sit down and view the room in a different dimension. The opportunity facilitated the overall theme of technological change and new horizons.

Norfolk's Chrysler museum currently features some other exhibits, including "Adeline's Portraits," "The Norfolk Rooms," "Multiple Modernisms" and more. ■



(Above) The chess set featured as part of the glass exhibit depicts figures fighting for victory. (Left) The glass exhibit displayed a large shelf of suspended jellyfish. (Right) Many of the modern "Chaos and Awe" sculptures featured bright colors and multidimensional shapes. (Below) Some of the paintings in "Chaos and Awe" stretched the entire wall, intending to create a more immersive or heightened effect for the viewer.

KRISTEN ZICCARELLI / THE CAPTAIN'S LOG



Review: Netflix's 'Punisher'

First season worth the investment of time but second leaves creativity and organization to be desired



DANIEL MOSAKEWICZ
DANIEL.MOSAKEWICZ.18@CNU.EDU

This past January, the second season of "Punisher" was released to

Netflix as the character's final appearance on the platform before Disney reabsorbs him into their own streaming service.

The Punisher is a former marine who wages a one man war on crime after his family dies in a mob hit. Since his appearance in the second season of Daredevil in March of 2016, the main character of Frank Castle, portrayed by Jon Bernthal, has won praise for his intense action and charisma, building quite a fanbase. Of course the character has existed for almost four decades

with numerous film and television appearances, but Bernthal's portrayal is becoming considered the best ever put to screen. Still, even with continued adoration, season two failed to de-

liver a satisfying ending and complete story for the character's last appearance on Netflix.

Ironically, the season suffers from the same major issue that plagued season two of Daredevil, where the Punisher was first introduced into the Marvel Cinematic Universe: the problem of two main plots. From early on, it becomes very clear that there were two conflicting storylines: one of them a wrap up of the first season, focusing again on Billy Roussou and Frank's relation with him, and the second a more western-styled season which would present new characters to serve as reflections of parts of Frank. Most likely, since this was going to be the last season, the two ideas were crammed together to create the season we have. The results is an oddly paced mess of themes with so many layers of drama that it feels like a soap opera.

As with Daredevil season two, one of the two main plot lines is infinitely more interesting than the other. Almost every scene about Roussou and trying to follow up season one is so crammed together

that tension cannot build, and characters make very unnatural jumps in logic, emotion and motivation. Lines that should have weight seem absurd because there isn't any build up to them. The worst offender is Roussou himself, and his love interest Dr. Dumont, the latter of which goes from being an interesting challenge to Billy's character to a boring Jezebel stereotype. Combine that with flimsy motivation from most people involved in the plot and no likable side characters like season one's Micro to add in any humanity, the plot sinks pretty quickly.

The show gave this second plot line much less time, despite being to be the superior story. Unlike Roussou, the plot's primary antagonist, John Pilgrim, a former hit man who tries to give up the life of crime only to be pulled back in by a manipulative billionaire, is shown to have a complex and thematically fitting motivation. The plot also presents a much more western feel to the show, as seen primarily in the first three episodes where this idea gets most of the attention. This setting adds so much thematically, such as sug-

gesting that in a world of gods and Tony Starks, Frank Castle is that last true lone ranger.

Perhaps most importantly, this plot adds the character of Amy Bendix, who is a teenage girl who the Punisher ends up protecting from Pilgrim. Amy serves as the perfect method to explore Frank's inability to move on, and the humanity he keeps trying to bury. She comes close to stealing just about every scene she's in, and every moment with Frank trying to act as a father figure is wonderful to watch.

Proof of the excellence of this idea is mainly in the season's first three episodes, where the plot and characters are allowed to be established and grow. After the story is quite literally airlifted back to New York, the emotion never again reaches the highs those first episodes do.

So, if you liked the first season, or just like the character and you don't know if you want to invest the time to watch whole season, just watch the first three episodes.

If you get hooked, fine; otherwise, don't worry too much about what you're missing. ■

Ghosts and Strings

Dr. J. Lynn Thompson's 'Ghosts of Brandenburg' chamber concert to perform in the Pope Chapel

KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

This Wednesday, string and harpsichord players of the CNU Orchestra will perform the "Ghosts of Brandenburg" concert in the Pope Chapel. Part of the Chamber Music series, the event will feature three Baroque works performed in about thirty minutes.

Arranged by Richard Meyer, their main piece will be a concerto fusing elements of Bach's six Brandenburg Concertos, as well as contemporary tones that can contribute to a 'ghostly feel.' The arrangement features seven sections, including an introduction and finale with unifying transitional material mostly from Brandenburg Concerto No. 3.

The smaller ensemble performances in the Pope Chapel for the Spring semester complement the Fall Library Rotunda chamber music series. Wednesday's concert will feature roughly twenty-five orches-

tra members and harpist Danielle Caldwell.

For almost a year, conductor Dr. J. Lynn Thompson has planned the concert, which includes finding a program, selecting musicians and practicing their repertoire. After last year's planned Baroque performance was cancelled, Thompson wanted to try it again.

"This title caught my eye, and I thought, 'what in the world,'" Thompson said. "I listened to it and read a little bit and thought 'that would be kind of fun to do.'"

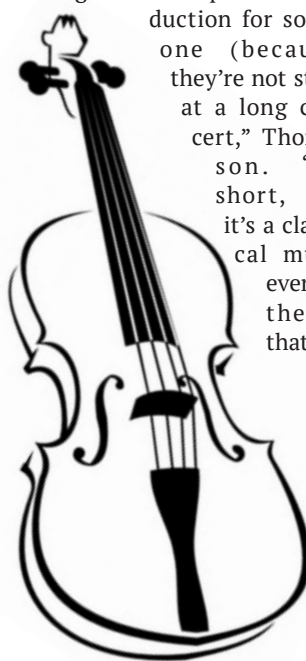
Although the Brandenburg Concertos date to 1721, Meyer is a contemporary composer whose arrangements feature modern aspects fusing with the traditional.

The concert will also be an opportunity for one of the winners of last year's concerto competition. A panel of judges chose Caldwell and one other winner for their outstanding music talent and musicianship.

Thompson described the event

as a "great opportunity to hear Baroque music," especially if one is unfamiliar with the genre.

"It might be the perfect introduction for someone (because) they're not stuck at a long concert," Thompson said. "It's short, and it's a classical music event so there's that." ■



COURTESY OF CNU MUSIC DEPT

Review: Hot or Not Yoga & Massage Studio

Down for some downward dog? Check out a local yoga place in Hidenwood

ANNA DORL
ANNA.DORL.17@CNU.EDU

Hot or Not Yoga & Massage Studio in Hidenwood Shopping Center is a great place in which students can de-stress and find their inner and outer strength.

After hearing a lot about the place from CNU friends, I decided to give it a shot and try one of their classes out for myself.

I had only done hot yoga once before a couple years ago and I was excited to give it another shot.

I dropped in on a class on a Saturday afternoon and purchased a \$20 pass that gave me access to unlimited yoga classes for a full week, which I definitely recommend for anyone wanting to try hot yoga but not able to make a huge financial commitment.

Hot or Not encourages yogis to bring their own mats if they have them, but they do offer cheap mat and towel rentals for those who need them.

After I was loaned a mat for a dollar, I followed a woman down a hall where she showed me around the place.

As we walked down the main hallway, I noticed it was lined with different colorful canvases representing the different chakras, creating a very zen and spiritual vibe.

In the back of the building were a few massage rooms, cubbies where people could put their jackets, phones and other personal items and the main hot yoga room.

When I walked in to join the hot yoga class, I felt like I entered a different dimension.

I opened the door and was hit by a wave of dry heat, which felt really nice at first since I had just came in from the cold rain outside, but it soon made everyone break into a sweat.

The room was triangular and

extremely dark, dimly lit by a couple of warm orange-yellow floodlights.

Floor-to-ceiling mirrors lined the walls, making the black and white checkerboard floor look like it stretched out forever.

I was Alice, and Hot or Not was a yoga Wonderland.

"You're supposed to be on a white square," an older man whispered as he shuffled up next to the black square where I had rolled out my mat.

Talking loudly, or in general for that matter, is discouraged while practicing yoga at Hot or Not because it distracts your mind easily and takes away from the overall experience.

I thanked him for letting me know and moved my mat over.

The seasoned yogis who attend class regularly always know what they're doing and are happy to help out those who are complete beginners or just out of practice like me.

The class itself was somewhat of a spiritual experience.

The dim lighting really helped me focus on what I was doing as I squinted to see myself in the mirror.

Unlike most other yoga places I've been to before, there was no music playing, which allowed everyone in the class to focus on the voice of the teacher and nothing else.

Sweat glistened off of everyone's bodies as we moved through different positions.

In the darkness, I could make out my muscles moving under my skin and saw how hard my body was working.

I appreciated my body for what it was doing and felt grateful for its strength.

This feeling helped attendees grow physically as well as mentally.

The class moved through lots of different yoga poses, such as the classic downward and upward dog, the

empowering warrior two sequence and the leg-lengthening pigeon pose, all of which were restorative as well as strength-building.

We focused a lot on balance and breath work, which helped us center ourselves as we moved through the different positions.

The class I took was advertised as good for beginners, but some of the poses we adopted were still a little difficult.

When you take a yoga class, your teacher will usually let you know that it's okay to do the most basic version of the position, or if you need a real break, to just stay in the relaxing child's pose (where you basically lay on the ground with your head on the floor).

The dry warmth created by the heaters in the room definitely made the poses challenging because I was sliding all over my mat in my own sweat, but the heat definitely warmed my muscles up and improved my flexibility.

After the actual yoga was over, we lay flat on our backs with our palms open to the sky (I assume to receive good vibes and open ourselves up to the energy of the universe) while our teacher, Thomas, came around and placed cool wet washcloths on our sweaty foreheads that smelled like lavender.

We deserved that relaxation after working so hard in such sweltering conditions.

Thomas ended the class by chanting a mantra: "ohm shanti shanti shanti."

He said ohm is the sound of the universe and shanti means peace, something I and everyone else definitely felt a lot of in that room.

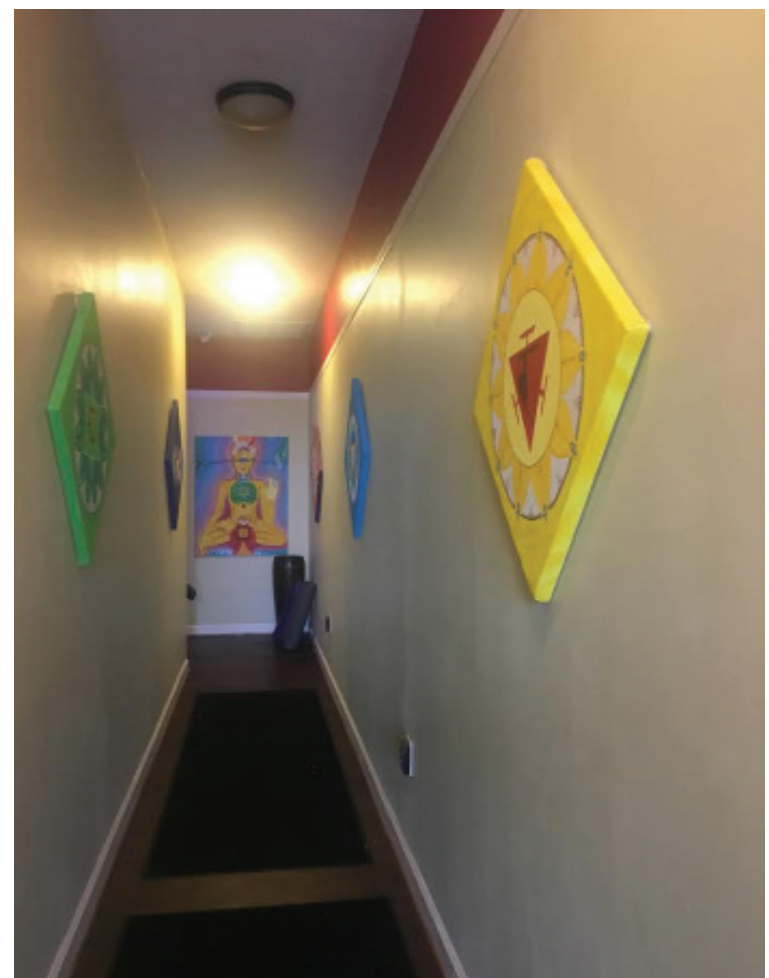
True to its name, Hot or Not offers hot yoga as well as non-hot vinyasa yoga and a form of yoga using a chair as a support, although hot yoga is definitely their specialty and what most yogis go there to do.

The concept isn't just some passing trend that doesn't have any real significance in terms of health benefits. Practicing yoga in a heated environment helps warm up the muscles, improves blood flow and helps you burn calories faster.

Hot or Not Yoga & Massage Studio offers discounts for students and members of the military on monthly passes.

They have something for everyone, whether you're a seasoned yogi or a complete newbie. Its close proximity to school offers a relaxing environment for yoga practice just a minutes' walk from CNU. No matter who you are, you'll leave feeling restored, renewed and refreshed.

Hot or Not Yoga and Massage Studio offers many different classes from Monday-Saturday in the morning, afternoon and evening. They are closed on Sundays. Book a class and get more information at hotyogamassage.com. ■



(Above) The storefront of Hot or Not Yoga & Massage Studio. (Below) The hallway leading to the main hot yoga room featuring paintings of the different chakras. ANNA DORL/THE CAPTAIN'S LOG

Tips for Hot Yoga:

- Bring lots of water and drink some before, during and after class
- Trust the experts when they say you need a towel (you WILL sweat, and it's gross)
- If you feel light-headed from the heat, take a break
- If you need an easier alternative to a difficult position, revert back to child's pose

Creating art from the heart

PLP students engage in art therapy with senior citizens in Williamsburg

ANNA DORL
ANNA.DORL.17@CNU.EDU

On Friday, Feb. 22, 15 students from CNU's President's Leadership Program took a trip to Williamsburg Landing and its attached Adult Day Center to do art therapy with some of the residents there.

"Williamsburg Landing is kind of like a retirement community and the Adult Day Center is an area where families can drop off their elderly loved ones who they can't quite leave at home because it's not quite safe enough," said Catherine Overberg, a University Fellow with the President's Leadership Program.

Caroline Nice, a junior PLP student and a service track coordinator with the Center for Community Engagement (CCE), started a program there for residents to do art therapy.

"We had an amazing time volunteering together at Williamsburg Landing Adult Day Center," she said. "I personally have been volunteering there every week for a couple months now teaching an art therapy class."

According to Overberg, Nice usually works with the residents by herself, so she was extremely happy to be able to share the experience with her fellow PLP students. "It

really meant a lot to me and the staff to have the extra helping hands there," Nice said.

PLP students are required to engage in different forms of community service and must volunteer once a month. Working with the Williamsburg Landing residents fulfilled the Aging service track, one of many that the CCE offers.

"[The residents] do a lot of painting and stuff to help their dexterity," said Overberg. "On Friday, [the residents had] shelf paper that was sticky on one side, so they put tissue paper on it. There was a wire and pulled the excess [tissue paper] over the wire and they could crumple it. It was like they made a little stained glass window that they can put in front of their windows so when the sun finally comes out, they can have cool colors coming into their room."

According to Overberg, the senior citizens at Williamsburg Landing and the Adult Day Center really enjoyed having new visitors because they don't get volunteers who come in to work with them very often. There were 10-15 senior citizens in the art class and 15 PLP students present, which allowed for a lot of one-on-one bonding. "Not only was everyone able to have one-on-one help, but they

were also able to bond and have conversation with their CNU helper," said Nice. The seniors told the students stories about their lives and experiences they had when they were younger.

"Art and creativity is a great way to boost mindfulness and relaxation, as well as exercise motor planning

and cognitive abilities in elderly individuals," Nice said. "I very much value the relationships I have made with the staff and participants there and feel lucky to witness the various memory recollections and smiles that art class brings to our participants. Being able to lead CNU students and my elderly friends together in art

class was really something special for me to see. Their faces when CNU students walked in the door was priceless."

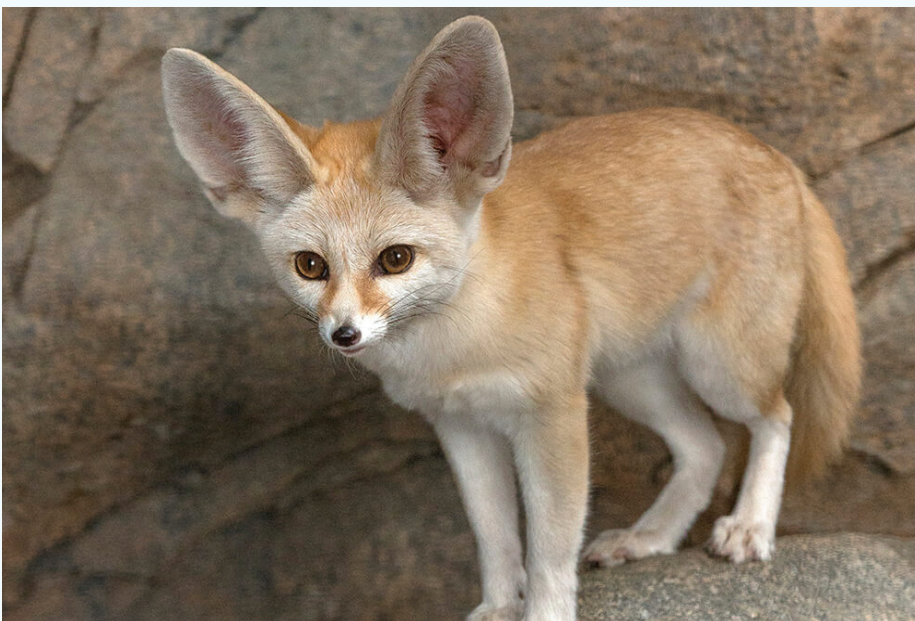
"Anybody and everybody can go with [Nice] to help at Williamsburg Landing, it's a really nice facility," Overberg said. "All the participants were super duper sweet." ■



PLP students pose at the entrance to Williamsburg Landing's Adult Day Center. after doing art therapy with the senior citizens there. **COURTESY OF CATHERINE OVERBERG**

Jaron's Trivia Corner

Favored by their giant ears, this nocturnal fox can release heat from the sun and listen to its prey that move underground. Later used as a code name for famous mobile browser project, what is the name of the smallest variety of foxes?



(Answer: the Fennec fox.) **COURTESY OF THE SAN DIEGO ZOO**

THE CAPTAIN'S LOG 2019-2020

EDITOR-IN-CHIEF

APPLICATIONS NOW OPEN

FOR MORE
INFORMATION
CONTACT
CLOG@CNU.EDU

APPLICATIONS
ARE DUE
MARCH 11, 2019

APPLICATIONS MUST INCLUDE, COVER LETTER,
LETTER OF RECOMMENDATION, THREE
WRITING SAMPLES.

APPLICATIONS WILL BE REVIEWED BY THE AD-HOC STUDENT MEDIA BOARD THAT IS
COMPOSED OF STUDENTS, FACULTY AND COMMUNITY JOURNALISTS

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email interim Editor-In-Chief Matthew Scherger at clog@cnu.edu or matthew.scherger.16@cnu.edu.

Interested in:
Writing,
Editing,
Design,
Photography,
Video,
Digital content,
Business or
Advertising?
Then there's a
place for you at
The Captain's Log.

