



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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## Captains in the Capital

### CNU students travelled to Richmond to meet with state legislators, alumni

**MORGAN BARCLAY**

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Capitalizing on an immersive political opportunity, CNU students journeyed to Richmond Monday to see Virginia politicians in action. Part of a new program called "Captains in the Capital," the administration's selected group of around twenty-five students were given the opportunity to attend panels, meet with Newport News representatives, talk with their respective senators and delegates about their experiences at CNU and more.

Long before the day in Richmond, students were sent program applications at the beginning of January.

For some, the question of applying was a no-brainer.

"I am interested in local and state governments," sophomore Matthew Arthur said. "They're not as appreciated as they should be [and] they're vital to our democracy."

For sophomore Lawson Herold, his interest centered on exploring career options.

"[I applied] to potentially see if I want a career in the political sphere," Herold said.

Regardless of their reasons for applying, all selected students joined Director of External Relations Tom Kramer and PLP Director Lacey Grey Hunter in an informative session at CNU about state government before the big day on Feb. 4. They learned the ins-and-outs of a normal day in state Congress and reviewed their proposed schedule.

Although many things on the schedule changed, the early morning was not one of them.

At 5:45 a.m., the team loaded onto a bus, making their way to Richmond. They were joined by President Paul Tribble, Dean Quentin Kidd, Dr. Rachel Bitecofer and Kramer.

Upon arriving in Richmond, stu-

dents went to the Omni Hotel where they attended the 'Eggs and Issues' event, an informative breakfast featuring a speech, presentation and open panel discussion.

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CNU Students were honored during their trip to the State Congress on Monday.  
COURTESY OF CNU OCPR



## Ride the gravitational wave

### CNU's Dr. Fisher receives \$10.8 million grant to uncover new properties of black holes

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In 1916, Albert Einstein's Theory of General Relativity suggested when a heavy object is in space, it distorts and bends the space around it, producing gravity.

He also theorized that when heavy objects move quickly, they

can produce gravitational waves. In 2015, the scientists of the Laser Interferometer Gravitational-Wave Observatory (LIGO) proved this part of the theory.

On Dec. 1, 2018, LIGO researchers, among them Dr. Ryan Fisher, a CNU professor of the PCSE Department, announced the discovery of

four new gravitational waves.

These findings were supported by a \$10.8 million dollar grant from the National Science Foundation.

Gravitational waves are distortions in space-time, stretching and squeezing the space around them, resulting in huge explosions of energy coming from colliding black

holes billions of light years away.

When the black holes collide, the gravitational waves are sent out across the universe like a ripple in a pond. The closer an object is to the explosion, the more distorted the object is.

As the waves travel through space, they become smaller. When they eventually reach Earth, LIGO's observatory instruments gather data from the waves.

Fisher joined LIGO in 2009 as part of the Detector Characterization group working on under-

standing the performance interferometers.

As Fisher explained, "We're working to understand the noise that is constantly inferring with our ability to detect these waves."

Fisher's long involvement in this project helped lead to these recent discoveries.

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#### News

You've heard about BusX, now go behind the scenes in this article.

#### Snapshot

Get a peek of the PFAC's new exhibit "African Art: Power and Identity."

#### Sports

Tackle the issue of the sexism in the sports industry in this analysis.

#### A&E

Moliere is back on stage this March with 'L'Impromptu de Versailles.'

#### Lifestyle

Frankincense is for more than wise men. Check out our article on essential oils.



## Weekly Pic

Laura McAvoy and Hannah McClure take pictures at the beach in Nags Head, N.C. McAvoy and McClure joined the other members of CNU'S RUF in the Outer Banks as a part of a retreat for the club.

**ANNA DORL/ THE CAPTAIN'S LOG**

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



### CNU TV

CNU TV's Miller Bowe talks with historian John V. Quarstein in "This Day in History," which dives into the history of the U.S.S. Monitor. Check out this video on The Captain's Log Facebook.

## Happened

### February 3 Super Bowl LIII

CNU students watched the New England Patriots and the Los Angeles Rams go head to head in this year's Super Bowl. The game resulted in a Patriots win of 13-3, the lowest scoring Super Bowl in history.

### February 5 Signing Day

Sophomores signed on the dotted line and committed to their major this Tuesday during the annual Signing Day event. The event took place in the DSU Ballroom from 12-2 p.m.

## Happening

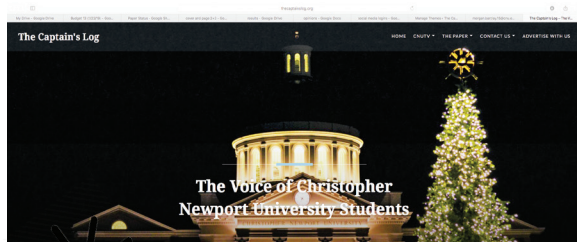
### February 7 RHA Roommate Mixer

CNU RHA is here to help students find new roommates before Housing Lottery. Holding a roommate mixer at 8 p.m. in Freeman 201 and 202, they will connect you with potential roommates for next year.

### February 7 Shanghai Opera Orchestra

Join the Shanghai Opera Symphony Orchestra as they perform songs like He Zhanhao and Chen Gang's "Butterfly Lovers Violin Concerto" in the Concert Hall this Thursday at 7:30 p.m.

## Go online with The Captain's Log!



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

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**THE CAPTAIN'S LOG** is the official student newspaper of Christopher Newport University. It is a public forum, which is published 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](mailto: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.

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# CAPITAL

## STORY CONTINUED FROM COVER

Tribble opened the event with a speech that honored CNU students and welcomed them to the capital.

Bitecofer then presented on her work with The Judy Ford Wason Center for Public Policy, of which she is Assistant Director. With in-depth discussion of the data, Bitecofer's remarks were also meant to inform students on the most pressing issues facing state Congress.

Next, Kidd hosted a panel discussion, bringing aboard Senator Frank Wagner (R-7) and Senator T. 'Monty' Mason (D-1) to answer questions concerning the Virginia-specific issues. The representatives answered questions about transportation, health insurance reform and education.

Wagner has served in the State Congress for 28 years, representing VA's 7th District, which covers western half of Virginia Beach and northeastern Norfolk.

Mason has served in the State Congress for three years, being elected during the 2016 special elections. He currently represents VA's 1st District, which includes all of the City of Williamsburg and parts of Newport News, Hampton, Suffolk, James City County and York County.

Following the panel, students walked to Pocahontas Building where they were greeted by Delegate Mike Mullin (D-93) and Delegate David Yancey (R-94). The two talked about the importance of history on modern day politics, making note of the many busts and faces of past leaders that surrounded them.

Mullin, a CNU graduate (and former Editor-in-Chief of The Captain's Log) was elected in 2016. He represents the 93rd District, which includes Williamsburg, parts of James City, York and Newport News. Yancey, born and raised in Newport News, was elected in 2011 and represents the 94th District.

Right before 10 a.m when the House was called into session, students found their seats in the gallery above the floor and watched a session unfold before their eyes.

On the floor, Del. Yancey recognized CNU students, who stood up in the gallery. After around twenty minutes of the session, a recess was called and CNU students adjourned into a conference room in the Pocahontas Building. There, Tribble spoke more in depth about his past career as a Senator and why he chose to become a university president.

He addressed the change in the political landscape while recognizing it as a noble and "thankless" career, emphasizing the service and sacrifice of a job in the public sphere.

Following this speech, a panel of CNU alumni working in the Capital addressed the students, many of whom work for Yancey.

The panel spoke specifically about the process of getting their careers and the impact CNU had on their lives post-graduation.

"To hear the stories and experiences of my fellow students was one of my favorite experiences of the day," Herold said.

The group was on the move again as the alumni guided students to their representatives offices. There, CNU students got a chance to speak openly with their representatives. If their representatives were not available, they were able to talk with their legislative aids or leave a letter.

Many students chose to talk about their experience at CNU, how they believe the school has impacted them and an issue that they were passionate about. All students gifted their representatives with a CNU mug.

"I didn't realize how accessible they were to the general public," Herold said.

Coming out of these talks some were even offered potential jobs.

"Both [legislative aids I talked to] wanted me to help with their candidates' re-election bids so I'm really excited to be in contact with them," Arthur said.

With the busy day coming to a close, CNU students regrouped and had lunch with alumni, who spoke further about getting jobs in government and emphasized the importance of taking advantage of events like this one, as well as internships.

Many felt positive towards their experience in Richmond.

"Getting to connect to alumni and be able to talk to members of the



(Top) CNU students overlook the State Capitol Building. COURTESY OF CNU OCPR.

(Middle Left) Del. Mike Mullin stands with Pres. Paul Tribble and Del. David Yancey. (Middle Right) Sen. T. Monty Mason and Sen. Frank Wagner answer questions for CNU students. KRISTEN ZICCARELLI / THE CAPTAIN'S LOG



CNU students got to talk one-on-one with representatives and legislative aids. COURTESY OF CNU OCPR

general assembly was eye-opening," freshman Andrew Cagle said. Herold expressed similar sentiments.

"Today reaffirmed how much the faculty, staff and alumni embody and embrace the spirit of Christopher

Newport," Herold said.

CNU has not announced if this event will continue next year. ■

# Notes on Northam

## Captains visit the Capitol amid governor's photo scandal

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Administration planned the "Captains in the Capitol" date months in advance, far ahead of the circumstances given Gov-

ernor Ralph Northam's scandal.

After a photo of Northam's 1984 Eastern Virginia Medical School yearbook surfaced showing an image of a person in blackface standing next to a person wearing a KKK robe, people on

all sides of the political spectrum have called on Northam to resign.

But the events of the day did not feature much talk about the Governor.

"I'm surprised that we weren't swamped with news and press, but there was no negative connotation being here today than any other day," freshmen Andrew Cagle said.

President Tribble did not make a definitive statement about

Northam, but did mention the importance single actions can have on your whole reputation during his speech at the Eggs and Issues event. He went on to encourage students to be careful as they continue to build a public presence.

CNU was originally planned to meet with Northam on Monday. This meeting was cancelled. No further information was provided concerning the cancellation. ■



COURTESY OF VIRGINIA.GOV

# “Mix with the real world”

Luter School of Business to host second BusX Conference to help students network

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The Luter School of Business is offering an opportunity for students to advance their future careers. On Thursday, Feb. 21, the Luter School of Business is hosting the second Business Exchange Conference (BusX) at CNU.

According to Dr. George Ebbs, the Dean of the Luter School of Business, Business Exchange began as “a way for students to mix with the real world, and get everyone involved with the life of Luter.”

The tagline for this year’s BusX is “Learn. Network. Advance.” According to Adam Duncan, the Director of Outreach for the Luter School of Business and a CNU alumnus, although this is the promotional motto used to market the event, those three words encapsulate what the conference is seeking to accomplish.

The event will include keynote speakers, interactive panel discussions, networking opportunities and professional development workshops that “allow business students to either learn, network or advance their professional career.”

Duncan explained the philosophy the Luter School Business has when it comes to education.

“When it comes to being a professional, you can’t sit in a classroom for four years, be awarded a degree and now you are a professional,” Duncan said. “Experience is what shapes and molds professionals.”

Duncan believes Business Exchange is a way to bring experience to students, which is a difficult task to accomplish. BusX hopes to get students into the workforce more polished.

“[We] bring people who are practicing what [the students] are studying on campus so they can interact in person, exchange ideas, have a conversation with and look at a walking, talking, breathing version of what they may be one day,” Duncan said.

Although any student can attend, the event is mainly targeted for business students. The Luter School of Business postponed all classes for its students that day from 8 a.m. to 5 p.m.

“The business classes have been postponed in order to give the business students time to access all of these programs. We can’t do that for other schools,” Duncan said.

The conference begins at 8 a.m. with the keynote breakfast

where Brian Eakes, Senior Managing Director at Legg Mason, will speak.

After that, five different sessions will be held throughout the day. Attendees must choose

one of multiple panels that are running concurrently for each session. At noon, there will be a networking lunch for students to attend where they can mingle with professionals.

Around 385 students came throughout the day the first time the Luter School of Business put on the conference two years ago. Duncan said the school is shooting for very high participation.

STORY CONTINUED  
ON PAGE 5

Business  
eXchange  
FEBRUARY 20 & 21

Career Coaching

Conducted by: Dr. Dawn Edmiston  
Marketing Professor of  
William and Mary

Appointment Only: 9:30am-10:30am | 10:45am-11:45am

LEARN. NETWORK. ADVANCE.

# GRAVITATIONAL WAVES

## STORY CONTINUED FROM COVER

A second project Fisher is involved in with LIGO is the search for gravitational waves coming from gamma-ray bursts. He explained that gamma-ray bursts are “another result of two neutron stars colliding into each other.”

Although LIGO is mostly focused on gravitational waves, they compare their findings with NASA’s Fermi and Swift gamma-ray telescope teams in order to see if gamma-ray bursts and gravitational waves are coming from the same neutron stars.

They only found one pairing of a gamma-ray burst with a gravitational wave that came from a neutron star binary, but if they could find more, Fisher states that “it could help understand what’s inside a neutron star.”

His last, and most challenging project, is to find the source of fast radio bursts.

Initially, there was debate in the public whether these were sign of extraterrestrial life, but Fisher and other scientists believe them to be similar to a gamma-ray burst, where there is different explosion in space. Fisher wants to find the source of these fast radio burst, but it is pretty difficult as the only way to find these is to “point a radio dish in a position and hope for the best.”

The four new gravitational waves were discovered from LIGO’s second observation data, held from Nov. 30, 2016 to Aug. 25, 2017. The scientists removed systematic errors from the data, enabling them to get clearer and better signals from the data, uncovering the four new waves.

When asked about how LIGO’s research on Waves help us understand space, he states it will help us understand the



The LIGO Scientific Collaboration (LSC) logo. DR. RYAN FISHER / CHRISTOPHER NEWPORT UNIVERSITY

“cosmology, history and evolution of the universe.”

“We know Gravitational Waves exist because of Einstein’s Theory of Relativity and we proved it. The signals we theorized and data gathered are spot-on,” Fisher said.

“Finding Gravitational Waves could help us see what is inside a neutron star, how binary black holes are cre-

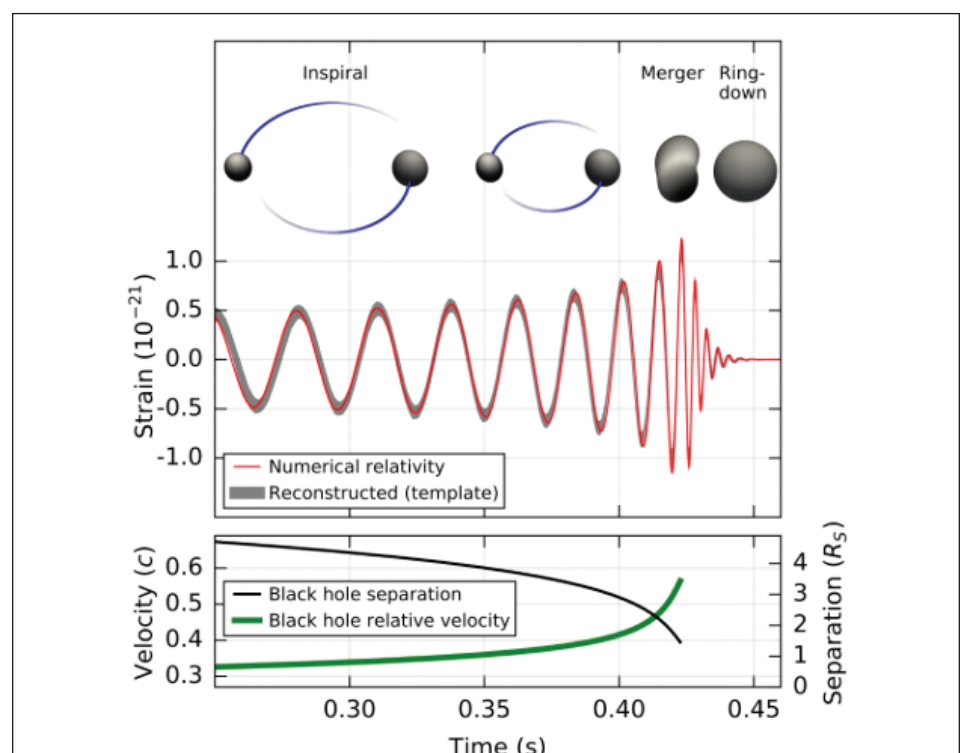
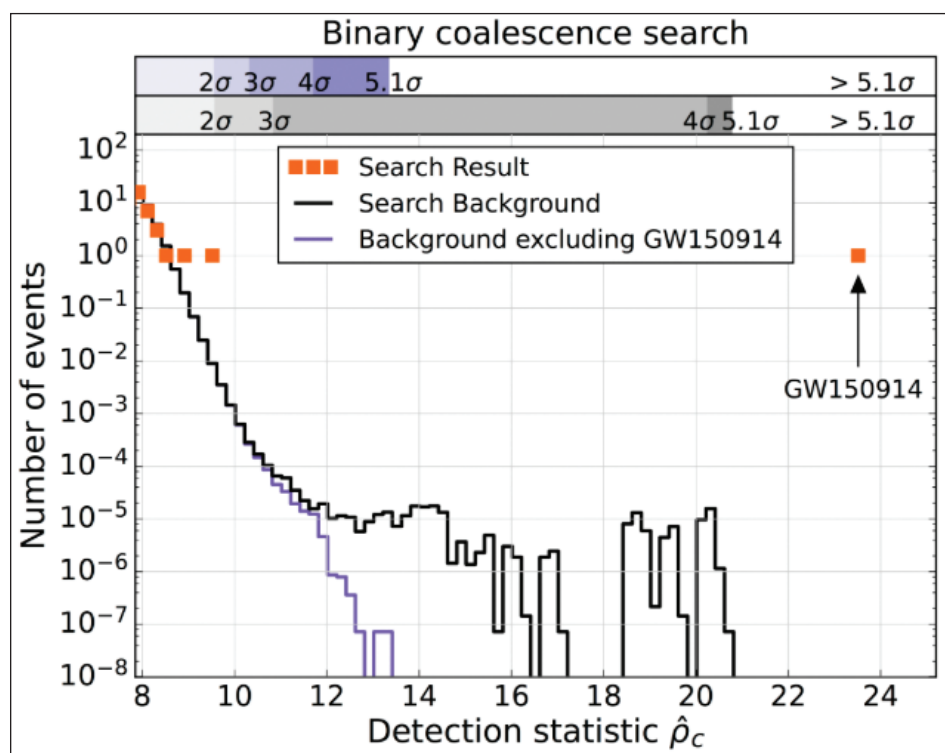
ated, and what is going on at the center of supernovas. [The only problem is it might heat up the Earth if a supernova is close enough for LIGO to detect it]. Gravitational waves could teach us a lot of information about the universe.”

The \$10.8 million dollar grant is a shared fund across several LIGO researchers, allowing them to support the computational

infrastructure gathered from their instruments. It provides scientists with software, equipment and the access to data across the world.

The grant will result in the development and operation of substantial computational infrastructure at CNU.

CNU is currently the only university in Virginia to be linked to the LIGO project. ■



(Top Left) Graphic of the key results of the analysis of GW150914. It compares the reconstructed gravitational-wave strain with predictions of the best best-matching waveform. The prediction was computed from general relativity. This graphic also shows the separation and velocity of the black holes. (Top Right) This figure shows the results from the binary coalescence search, which quantifies how rare GW150914 was when compared with false events that occur from noise fluctuations. The results concluded that a noise event that could possibly mimic GW150914 is extremely rare - less than one occurrence every 200,000 years of data. DR. RYAN FISHER / CHRISTOPHER NEWPORT UNIVERSITY

## BUSX

## STORY CONTINUED FROM PAGE 4

“By cancelling all of the classes, the assumption and expectation is that our students use that time,” Duncan said. “We think it’s going to be a big event for Luter.”

Nearly every professor in Luter is offering some form of extra credit for students who attend

BusX. And of those offering extra credit, over half of professors are offering extra credit packages for those who go to the event.

Students can add 1 percent to a final class average if the RSVP to the event, attend the breakfast and go to one session.

Students who RSVP to the event, attend the breakfast and attend three or more sessions can add 2 percent to a final class average or add 1 percent to two final class averages.

Currently the Luter School of Business only offers this conference every two years because it is very resource and

cost intensive.

There will be over 60 professionals at the event who come from various industries.

Duncan stressed that these professionals are not pitching their companies.

Instead, the idea is to get several professionals from different industries together to discuss what certain business concepts mean to their various companies.

“That’s really great exposure,” Duncan said. “I think it’s tremendous perspective for someone who is 20 or 21 years old.”

The opportunity for students to RSVP has already opened.

Students can either scan the barcode or go to [tinyurl.com/busx19](http://tinyurl.com/busx19) to register.

In addition to registering for the conference, students also have to RSVP for the particular panel they want to attend each session due to limited seating.

Duncan stated that “the path to where you want to be can start at BusX if you use your time appropriately.”

“Whatever you’re interested in doing, or if you’re still trying to figure out what you are interested in doing, you’re going to find that in this event,” Duncan said. “This event can help you figure out that this career is

good, it’s not what you thought, or this other career you’ve never heard of before exists.”

“If you know what you want to do, the people who are already doing it, and may very well hire you one day, are going to be there. Networking is how business is done, and this is a way for you to network with people that you would otherwise not be able to meet.”

Although there is no certain deadline to register by, students should still RSVP as soon as they can. Despite there being a soft deadline to RSVP by, seating for each panel is limited so sooner is better than later. ■

# Pipelines will harm Va. communities

## Environmental, social and financial risks are too high to ignore

**JAMES DUFFY**  
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In a search to surge profits and expedite fossil fuels, specifically natural gas from shale reserves in Appalachia, energy giants such as Dominion, Duke and more are pushing hard and continuing work to construct hundred-mile long gas pipelines across Virginia, West Virginia, and North Carolina. Two in particular, the Mountain Valley Pipeline and the Atlantic Coast Pipeline, are in legislative standoffs that have halted or postponed their construction, but only temporarily.

With the clock ticking on the construction of such projects, it is important to understand what these projects will mean for the state of resources and ecosystems in the mid-Atlantic region at large, as well as Virginia residents and communities locally.

The Mountain Valley Pipeline (MVP) is a 303-mile-long, 42-inch diameter natural gas pipeline proposed to run from West Virginia through to southern Virginia currently in its early stages of construction. Similarly, the Atlantic Coast Pipeline (ACP) is a proposed, 600-mile-long, underground natural gas pipeline network that would trace from West Virginia through to Chesapeake, Va., with additional branches into Brunswick, Greenville, and Robeson Counties in North Carolina.

A quick glance at either of the two pipeline official sites could easily make a believer out of any rational citizen; the projects promise economic growth, increases in local jobs, cheaper energy costs, and more.

However, the PR teams for these projects fail to mention in the fine print, the major environmental hazards, impacts, and overall instability of such projects. While the proposed "benefits" of gas pipelines sound nice at first glance, it is crucial that the communities proposed to potentially reap such "benefits" understand that they are also the first at risk of the plethora of negative impacts such projects can have them, their health, protected lands and ecosystems at a larger scale.

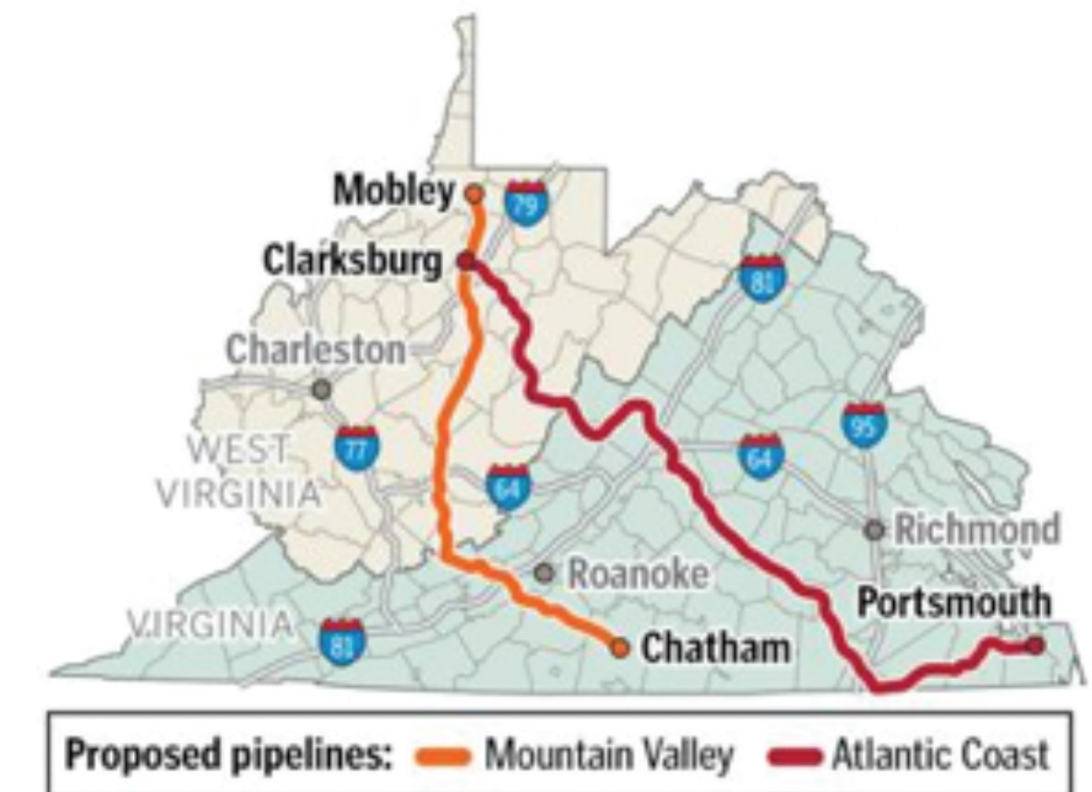
From an environmental perspective, these projects cannot be stopped soon enough.

Natural gas pipelines can, and often do, result in a variety of negative impacts on social, economic and environmental systems. Using a conglomeration of official reports, expert analyses and direct information from heavy-hitting and reliable sources, The Natural Resource Defense Council has outlined major consequences of the pipelines, further confirming that the interests of the corporations behind such pipelines are not the same as those of the consumers they claim to benefit, and definitely not in line with environmental interests.

After analyzing such reports, it is plain to see that these pipelines are unnecessary financial and environmental burdens on the communities and ecosystems of Virginia.

Financial burdens of the pipelines will fall on the shoulders (and wallets) of Virginian electricity consumers, while benefits will be reaped by major corporations like Dominion. According to the Institute for Energy Economics and Financial Analysis (IEEFA), demands for electricity in the areas at risk by these pipelines have dropped significantly since their proposals (2014 for the ACP, 2015 for the MVP). Further, the U.S. Department of Energy found that only 54 percent of our nation's existing pipelines were used to capacity on average between 1998 and 2013, showing that new pipelines are simply unnecessary.

With a lack of necessity for these pipelines, motivations for such projects point more and more towards corporate profit. Additionally, conglomerate environmental groups evaluated Dominion's own reports from 2017, and found data that predicts that the pipelines will cost Virginia Dominion consumers up to \$2.3 billion more in electricity bill increases; meanwhile, Virginians already pay within the top ten highest electricity bills in the nation. This data alone, while much more exists, should be enough to show that these pipelines are unnecessary new financial burdens for Virginia consumers.



COURTESY OF THE ROANOKE TIMES

But, if the financial implications of these pipelines aren't enough to convince you, take a look at the track records of previous gas pipelines in the US, and start to think about the negative impacts these two would have on our local ecosystems and communities.

For starters, public land is at risk with these pipelines; both of the two cross through national forests (the AVP through George Washington NF and Monongahela NF, the MVP through Jefferson NF), where historic habitats would be cleared, mountain ridges destroyed and wildlife displaced. These historically preserved forests are supposed to be regulated to thrive and last for generations to come by groups within the US Department of Agriculture and Forest Service, but appeals by energy corporations permit modifications to the environmental standards that are upheld within them (especially regarding deforestation, runoff pollution and sedimentation).

However, these impacts are not contained to protected lands, as waterways connected to local communities across the states affected are at great risk to contamination. Between 2012-2014, the West Virginia Department of Environmental Protection found Dominion Energy at fault for 13 water pollution violations during the construction of previous gas lines; of these specific incidents, negligence was obvi-

ous as the corporation failed to report them as they were required to.

Furthermore, many of the communities at risk are specifically vulnerable to environmental injustices, as many are low-income, historical communities of color and/or communities with large Native American populations. Two examples cited by the NRDC include Robeson County, NC, which (in affected areas), populations consist of over 50 percent Native American citizens, as well as Union Hill in Buckingham County, Va., which is a historically black community that has worked tirelessly against the imposing construction of the Atlantic Coast Pipeline.

The pipelines, additionally, would solidify our region's dependency on fossil fuels for decades to come, meanwhile, analyses of renewable energy alternatives such as solar or wind energy were not calculated by the Federal Energy Regulatory Commission (FERC) in their regional assessments leading up to these projects. As many know, the burning of fossil fuels like natural gas (and their subsequent emissions of greenhouse gases) is the predominant cause of anthropogenic climate change (including global warming, sea level rise, and ocean acidification, amongst others). Climate activists and scientists promise that natural gas pipelines are steps in the wrong direction to reducing climate change.

Currently, both pipelines are in legislative limbo; however, recent updates are promising. Just last week, bipartisan legislation passed through Va. House committee that would increase restrictions on Dominion's AVP in the passing down of costs to lower-level power stations, pinching costs and (hopefully) making such a project unfeasible; meanwhile, the Fourth US Circuit Court of Appeals has upheld a previous decision against the permits given to the pipeline construction, blaming the National Forest Service's failure to uphold their "responsibility to preserve national forest resources." Additionally and as of last week, a coalition of environmental groups have also appealed to the Fourth Circuit to rule against permits of the MVP as the project pushes forward with harmful construction.

It is without question that the constructions of these major pipelines are financial and environmental injustices that will harm, not help, communities and ecosystems across the Commonwealth of Virginia. Resisting such injustices starts with an understanding of such issues. ■



# The best the world can be

## Gillette's ad should broaden its reach

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"The Best a Man Can Be" is the new slogan of a commercial that came out Monday, Jan. 14. In its first three days, this exclusive online commercial sailed up to over 19 million views on platforms reaching across Facebook and YouTube. Currently, it rests at 27 million views. Broadly, the commercial deals with how men in our society act, and some of the prejudice that we fall under today.

I first viewed this ad in Dr. Bil-linson's class. We were discussing how media can impact the way society is viewed and how it creates standards for people such as. Things like bulging biceps and slender bodies came up in our debate. The ad spoke to me. It goes over how there are some men in society today who believe that it is right to overpower people they think to be inferior, that it is ok to bully, to harass and oppress whoever they want.

It highlights the "Me Too" movement and goes over sexual harassment topics. I agree with the message that this commercial is trying to say. I believe that there are people like that in our society, that there are bullies out there. This behavior can be found among all genders. Just like how men like to bully each other physically and to make fun of one another, women can cause just as much pain by created emotional and mental stress on others.

Granted, each gender can cause either of these types

of damage, but it's more common for a man to physically bully another man. There are bad men out there, and unfortunately those select few give the rest of us men a bad name.

The ad didn't just talk about how society views men today, for it talks about how men need to keep other men in check. I believe whether it be male or female, if we become more aware of the problems today and step up and speak out when this behavior is witnessed, then we can all change the society today. Just like the men, if women stepped up as well and stopped these terrible actions of bullying and harassment, then it would send a positive image that both sides are united. If both sides came together to stop this common foe, it would create an image for the generations to come of a unified world that doesn't tolerate bullies.

According to Kirsten Powers from USA Today, the ad is "telling men to use their privilege as men to confront other men for their bad behavior." Whether man or woman, everyone needs to step up and intervene when necessary. We need to leave the comfort of neutrality sometimes and take a stand against the negative actions of the world today. Celebrity Terry Crews even states in the commercial,

"Men need to hold other men

accountable," however we should all hold each other accountable for our actions and behaviors. If we all respect and treat each other the same, there is nothing stopping us from changing social norm.

The commercial goes on to say that if we start setting a good example, then the people who look up to us will have something to strive for and something to follow. Whether we like it or not, we are all products of our parents and we carry on some of their values and morals. The "Golden Rule" is that we should treat each other the way we want to be treated, and with equality. If our generation moves to eradicate gender division and focuses on equality, then those beliefs will be passed on to our children, who could continue the legacy we leave behind. We can all do our part to change the future for the better.

It is by challenging ourselves to do more that we get closer to our best. This message shows up at the end of the commercial and further emphasize the point that Gillette is trying to make. They have brought up this topic that half of us don't even know how to react to. The world needs to stop treating each other so badly and we should all think before we act. It is only then that we will finally be able to come closer to being the best that we can be. ■



# Student Assembly: Money matters

## Let's combine our frugal tips

AUSTIN NEWMAN  
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Christopher Newport University has launched their first version of Money Matters, a guide to living on a budget. The purpose of Money Matters is for it be an interactive document that can be accessed by anyone within the university to allow everyone to share different tips and tricks to saving money.

Let's face it, money is just about all anyone talks about, whether it is paying for tuition, books, food, clothes, or the ever looming dark cloud of student loans you have been accumulating for the past few years. The thought that runs through the mind of every student probably several times a day is money. How much money could I make at this job, do I have enough money to fill up my gas tank and go out to dinner with my friends, how much will I really be paying after I graduate on these loans? So many questions can oftentimes be paired with anxiety. The anxiety you get when you have a meltdown about not knowing what you want to do with your life, the self-doubt when you get a bad grade in class, the confusion about where you will be after you graduate, there is a lot to panic about.

The idea for this initiative was submitted to us back in April of last year. Students at the University of Michigan started "Being Not-Rich," a guide to affordable living for low-income students. Other schools, such as UT-Austin and the University of Central Florida, have already created their own guides, with several other schools currently in the process. This crowdsourcing guide allows students,

faculty and staff to contribute their own ideas for how to save money on campus.

At Christopher Newport University we are aware of the potential for panic and total meltdowns over money. That is why we created this guide.

Everyone has different thrifty tricks and tips to living on a college kid budget, whether it be thrift store shopping, meal prepping or exchange textbooks through Facebook. We want you all to share those tips for the entire school to see.

The Money Matters document has several different sections revolving around money that people can add to, from clothing to food to housing.

Anyone with access to the link is able to edit the document, adding something useful for others to use. For instance, my tip is "Every Tuesday Harris Teeter has huge sales on produce products, stock up then because produce can be stored and used for over a week after you buy." The point being, we all need to save money and we all have different ideas on how to do it. We ask that you share your ideas with us and other students. ■



# Marie Kondo changed my life

## Tidying my dorm changed everything

SYDNEY HERNANDEZ  
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With the new Netflix show, "Tidying up with Marie Kondo," sweeping the nation, it's about time someone wrote a piece on neat vs messy dorms.

I'll preface this piece by saying that I have never been a neat person. Throughout my childhood, my mom would come into my room and gasp, saying "Sydney, it looks like a bomb went off in here" and I would grudgingly stop whatever I was

doing, and clean my room the bare minimum. All the clothes in the laundry basket, bed hastily made and all the water glasses on my dresser brought downstairs.

This past New Years day, "Tidying Up with Marie Kondo" aired on Netflix, and, as cheesy as this sounds, it changed my life for the better.

Last year, and even last semester, I still lived in my messy ways, in part due to not having a roommate for most of the past two semesters. My floor was covered with clothes, and my bed unmade, and I didn't realize

the effect that had on me and my studies. Subconsciously, it was causing me stress to have a messy room.

Having a messy or cluttered space is distracting, even if you don't realize it. When I came back to school from winter break, my bed was hastily made, I had textbooks and notebooks scattered all over my desk, my drawers were so cluttered they were getting stuck, and it took me two weeks to fully unpack my clothes, throwing them in my drawers without folding them.

Looking back now, the clutter was one of the reasons I had so much trouble taking notes and doing my readings the first week of classes. About halfway through my second week of school, I decided I was going to

make a change.

I started small, organizing my shelf with my textbooks, and throwing out all the random papers in my drawers, putting the important ones in a single folder. I organized my drawers so I could see everything when I opened them and threw out old makeup that I never used.

Even with these changes though, I couldn't tackle the main cause of my stress... my closet and drawers. I'll be honest, I have way more clothes in my closet than I need, and I don't wear half of them, but what I've learned in my "Tidying" journey is that is okay. If it brings you joy, if it makes you happy, its okay to hold onto that scarf that you wear maybe

once a year, if that.

My worst fear about "Tidying" was that I wouldn't be able to do it with all my clothes, that I would have too many to fold, and too many to fit. In hindsight, this was stupid because I managed to fit all my clothes into my closet before, but it was a fear I had to get over.

One night, I decided I was done with my stupid hang-ups, and I started to fold my clothes with the KonMari method, a method discussed by Kondo on the show that emphasizes seeing each item in your wardrobe. It took me about two days, but I finished it, and it has impacted every aspect of my life, my studying included.

I find now that I can do my work better, I can focus better, and I can find things I need to study much easier. To me, having a clean and tidy dorm really does impact your studying, and your life, for the better. ■



Peninsula Fine Art Center presents:

## African Art: Power and Identity

These traditional ritual and ceremonial masks from Sub-Saharan Africa are worn at a variety of social and religious events. They are often worn so the mask wearer can lose their "human identity" and the greater community can become closer to spirits. **HANNAH LINDENBLAD / THE CAPTAIN'S LOG**



(Top Left) The helmet mask from Kuba culture in the Democratic Republic of the Congo has a trunk like form on top. This trunk references elephants, which symbolize strength and prosperity. (Top Right) Leopard figures represent the Oba of Benin, a leader of the Edo people. Leopards were chosen due to their beauty, intelligence and hunting skills.



(Top Left) The wooden Chi Wara Figure was made to honor the mythical half human and half animal who introduced agriculture to Bamana Culture in Mali. It combines features of the antelope and the aardvark. (Top Right) These bronze figures featuring people playing a variety of different musical instruments is from the Ashanti culture in Ghana. (Bottom Left) The Yoruba culture created beaded crowns with long fringe and birds to illustrate the semidivine nature of the king and his ability to control and mediate the human and supernatural realms.



Kuduos belonged to kings and courtiers in Akan Kingdoms. They kept items of high value like gold dust, and nuggets in them. They were receptacles of their owners' kra or life force, and were used to honor and protect them.

The exhibition runs now until April 28. Student admission is \$6.00; however there are free weekends at the beginning of every month.

## UPCOMING HOME GAMES

Men's Basketball	Women's Basketball
7:30 p.m. February 6th	5:30 p.m. February 6th
Southern Virginia University	Southern Virginia University

## UPCOMING AWAY GAMES

Men's Lacrosse	Women's Basketball
7p.m. February 13th	5:30 p.m. February 13th
Washington and Lee	Salisbury University

# Sexism in sports

**TARYN HANNAM-ZATZ**

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Men's and women's sports have always been viewed in a different light.

The fight to bridge the gap between men's and women's sports in the United States took off beginning in 1972 due to the introduction of Title IX.

According to the U.S. Department of Education, "Title IX protects people from discrimination based on sex in education programs or activities that receive Federal financial assistance. Title IX states that: No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Despite the efforts of Title IX which are still ongoing, there remains a massive gap between men's and women's sports.

"Unfortunately, I do believe there is public perception that women's sports and men's sports have some differences," Athletic Director Kyle McMullin said. "I will refrain from generalizing other people's perspectives, but for casual sports fans, it can be quite confusing for what appears to be the same game on the surface."

McMullin gave examples of lacrosse and basketball. Both sports have different rules for each gender. "Men's basketball still plays halves while the women's game has evolved to playing the game in quarters," McMullin said.

There are many reasons why men's and women's sports are viewed differently. According to a survey I conducted of 27 CNU students, 25 claimed that the media doesn't portray men's and women's sports equally.

A study conducted by the University of Southern Cali-

fornia found that Women's stories averaged 77 seconds, nearly 50 percent shorter than men's stories. "Society advertises men's sports on a much larger scale and it dominates the mainstream media over women's sports," junior Men's Basketball player Luther Gibbs said.

The study also found that the way men's and women's sports are talked about is different.

Women's sporting events and accomplishments are discussed in a more lackluster and dull sense whereas men's sports and accomplishments are discussed in a more exciting way.

It is a common thought that people view the two sides differently due to the amount of contact, violence, or aggression in the sports. "In men's sports they are allowed to be more aggressive, it adds entertainment value, and

for the people who may not know the sport or the rules it gives them something to watch," junior Women's Lacrosse player Kaitlyn Ready said. The idea of violence contributing to entertainment value and amount of viewers increasing is accurate.

So it would seem it has more to do with the level of violence or contact rather than the actual gender. It just so happens that most sports with higher levels of contact and violence happen to be men's sports.

"Take the UFC for example, before they didn't even want to allow females into that, now I think more people are watching the women than the men, you see the women getting a lot more of the headline fights. So I think in that sport in particular it is kind of turning which is good," Strength and Conditioning Coach Jesse Strawser said. Being on the women's side of this issue can be frustrating.

"I think we are just so used to it being this way we kind of just brush it off because it's expected. It would be great to have better turn out to some of our games," Ready said.

Women's teams get excited when 30 people show up to their games, whereas for a men's team that would

be a disappointment. This is an issue in society that needs to continue to be fought and hopefully eventually will disappear.

"Fundamentally, our institution is committed to providing all of our athletes with the opportunity to be champions. Whether one of our sports is played by men or women is not a consideration in our department," McMullin said.

"I want our university to put each of our athletic programs on the same platform and allow each of them the same opportunity to compete and be the very best they can be."

Christopher Newport University is dedicated to fighting this issue and making sure that both sides are treated equally. It is important to attend sporting events on both sides and support all teams.

"I believe we have made great progress towards eliminating some of this perception.

"However, we must continue finding ways to shine a light on the excellence displayed by female athletes at the highest levels," McMullin said.

So, go out to a women's basketball game or a women's lacrosse game and make sure to support the female teams just as much as the men's because at the end of the day, we are all Captains. ■

"Men's and women's sports have always been viewed in a different light."

# Money Moves: Super Bowl ad revenue

## How much are Super Bowl ads worth?

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"How much money does CBS make on the ads from the Super Bowl?" I feel like I ask that every year around this time.

It really is incredible how much money it costs for a simple 30 second slot in the Super Bowl.

Especially when some of the ads are duds.

I always find that the figures are mind boggling. This year several sources, even CBS themselves, are reporting between \$5.1 and \$5.3 million per 30 second ad.

Think about that for just a moment. That is a lot of money, right? What is the upside to spending all this money on just one ad?

The answer is, of course, views

on your ads. Some people tune in to the Super Bowl just to watch the ads.

This year, as reported by CBS and Roku, there were roughly 100 million people watching Sunday night as the Rams fell to the Patriots. That's 100 million sets of eyes on your ad.

Is that worth the money?

That is the big question of the day. \$5.3 million for 100 million people to see your ad. Is that a profitable margin for the companies?

It's impossible to truly calculate how much money each ad generates for the product or company involved. It stands to reason, however, that a good Super Bowl ad gets the company or product involved publicity and sales.

In this day in age publicity is everything. This year the ads were a bit underwhelming and for the

price they might not have actually been worth it.

In previous years the ads on the Super Bowl have been the talk of the nation. When the lights went out a



few years back Oreos came with a great ad almost instantly; "You can still dunk in the dark."

Marketing and Communica-

tion classes talk about this ad as being effective, quick and above all funny. People shared this ad on Facebook long after the Super Bowl ended.

The deal breaker on this kind of ad, was due to it being a social media ad, it cost nothing for Oreos, and it made no money for CBS.

Clearly that is a better deal for Oreos than spending \$5+ million on a 30 second promotional ad.

The downside of this kind of ad is that it is very much a hit or miss advertisement. That brings up the question of which is a safer option for the company?

On the one hand, you have a \$5.3 million investment, but you know 100 million people will see it.

On the other hand, you have a free, easily created advertisement, but you won't know how many people will see it until you post the ad.

That's the key to why companies spend so much money on Super Bowl ads, it is a guaranteed viewership. Really that's why Super Bowl ads will continue for the time being.

There isn't really an answer to when more companies will start promoting on social media for free during the Super Bowl, but it is an interesting market shift to think about.

All of this is to talk about inter-

net vs. television, but what about both?

Many companies post their ads from the Super Bowl onto YouTube after they air.

These days you can even watch the Super Bowl on YouTube so the argument for television and internet ads being used together is stronger.

It's such a large market that YouTube even markets and advertises for the ads themselves.

Does that offset the cost a bit more? Probably, but it might not be enough to stop the trend of moving to social media for ads.

The issue boils down to it being nearly impossible to predict what will trend on the internet.

Some ads might do great while others will flop. At least on television the ads that flop are still seen. On the internet ads that flop won't be shared and won't get viewers.

What really defines a safe investment then? There is no good answer other than companies will really have to start trusting their marketing teams.

These teams will have to learn more about social media and be able to do social media and television ads.

Now, a bigger question—will we live in an era where Super Bowl ads are no longer a television market? ■

# Before and after: Super Bowl LIII

The biggest sporting event of the year happened last Sunday, two students give their opinions before and after the big game

**RYAN LYNCH**  
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It's coming. The most anticipated Sunday of the year is here. The Super Bowl is undoubtedly the largest annual sporting event in America. Emphasis on event, as nowadays the focus is pulled away from the actual game and stretched across all the other entertainment plugs happening this Sunday.

From the hilarious commercials to the massive halftime performance, there's something for everybody to enjoy, right? Believe it or not the Super Bowl isn't the holy grail as some sports fans would have you believe, and yes, it is acceptable not to care about it.

People who aren't sports fans don't become sports fans just because the magnitude of the game is increased.

Think of it like one of the big

entertainment award shows like the Oscars or Grammys.

If you didn't watch any movies this year, you are not suddenly going to flip on the TV and care that those movies are getting an award.

The same logic is applied to the Super Bowl.

If you see more of Ryan Gosling then Tom Brady on your TV screen you will be less than enthused with the testosterone-filled living rooms this Sunday.

However, if you are stuck watching the Super Bowl this Sunday when you'd rather be somewhere else; I suggest you find a way to feign involvement.

Choose a team at random, root for a specific player to do well, spite your friends and root for the opposition, maybe even put some money down on the outcome, because even if you don't care about Sunday's proceedings...it's a lot more fun if you do. ■

**MICHAEL INNACELLI**  
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To my colleague to my left, Ryan Lynch, I agree completely.

It is a lot more fun if you care about the game being played, and of course it is better if you care about the teams.

Only problem with this is, as a neutral fan base their was nothing to cheer for this year.

I am a casual football fan. What that means is I am a Giants fan and we are not the best right now.

I like sports and I like football, so it stands to reason that I would enjoy the Super Bowl.

I did not enjoy it at all.

I have never been so bored by a Super Bowl in my life. 13-3, what even is that?

Yes before you get mad and stop reading, I understand it was a defensive game.

I understand that defensive games tend to have a low score line and that the Rams, in particular, played some stellar defense on the night, but it was dreadful to watch.

I expected action this past Sunday and I was just infinitely disappointed with the game as

a whole.

Tom Brady and the Patriots were good, but not the level I expected.

The Rams defensive line was good and kept the Patriots quiet, but it was not up to the Super Bowl level of play.

But what if you argue there were other things to enjoy about the Super Bowl this year?

I agree that there were some "fun" things that happened, but let me explain why it was not enough to save the day.

Yes, I thought it was funny Gostkowski missed the field goal and famous Youtuber Mr. Beast held up signs that said "Sub 2 PewDiePie," but it did not entertain me enough to forget the boring game going on.

The ads this year weren't even that good, and don't get me started on Adam Levine and Maroon 5 not playing their objectively best song "Misery."

Travis Scott baiting the world with the Sweet Victory tease was funny, but it hurt my heart more than anything else.

Also quick question for Travis Scott's team, why did they play Drake's portion of Sicko Mode if he wasn't there?

And the fact I had to look up Big

Boi beforehand just ruined the whole halftime show for me.

By the way if you are still wondering, Big Boi is the non-Andre 3000 half of Outkast.

If nothing else from the Super Bowl I expect to have fun with my friends watching the game.

We were all bored by the end of the halftime show.

The reason that none of these "fun" things happening really made the event entertaining is because it is supposed to be about the football.

No matter the level of interest in the sport, Super Bowl LIII was always supposed to be about football.

Tom Brady and his storied career up against one of the best defensive teams in the league.

That should produce exciting football and it just wasn't enough for me.

I know that I may seem like just a ranting student, but we were all thinking it.

No one enjoyed that Super Bowl, and if you did you are either a liar or a delusional Tom Brady fan.

There is no solution for the problem of boring Super Bowl games; that's the nature of sports.

Not every game will be good, it's just sad the Super Bowl wasn't. ■

**Want to write for the Sports Section?**  
**Contact me:**  
**michael.innacelli.15@cnu.edu**

Softball (2018)	Baseball (2018)
Record: 37-10	Record: 35-12
#6 Aubrey Bates' ERA pitched on 111 1/3 innings: <b>2.01</b>	Home runs hit by #12 Seth Woodard (INF) (pictured): <b>13</b>
Put outs by #5 Grace Wild (2B): <b>84</b>	Put outs by #27 Nick Baham (1B): <b>365</b>
Batting avg. of #17 Calah Savage (C) (pictured): <b>.380</b>	Strikeouts by #32 Josh Husby in 49 innings: <b>52</b>
Home opener: February 9, 12 p.m. against Emory & Henry College	Home opener: February 9, 1 p.m. against Ferrum College

Both the Baseball and Softball teams at CNU kick their season off with home openers this Saturday, Feb. 9. Here is a look at some of the stand out statistics from last year. STATS COURTESY OF CNUSPORTS.COM—PICTURES COURTESY OF OCPR—GRAPHIC BY MATTHEW SCHERGER / THE CAPTAIN'S LOG



VS.



VS.



## concerts

February 6  
Walk the Moon  
7:30 p.m. The Norva

February 9  
Sevendust  
8 p.m. The Norva

## in theaters

February 8  
"Beneath the Leaves"  
"Berlin, I love you"

## campus

February 7  
Shanghai Symphony Orchestra  
7:30 p.m. Concert Hall

February 11  
BSU Movie Monday  
7:30 p.m. Black Box Theater



(Left) A 1682 illustration of Moliere's classicist comedy, 'L'Impromptu de Versailles.' (Above) Portrait of Moliere (1656) by Nicholas Mignard shown in the of Julius Caesar in the 'Death of Pompey.'  
**COURTESY OF WIKI-PEDIA COMMONS**



# 6 Clarinet Concertos

Mozart  
Clarinet Concerto  
in A Major K622

C.P. Stamitz  
Clarinet Concerto  
No. 3 in B Flat  
Major

Carl Maria von  
Weber  
Clarinet Concerto  
No. 1 in F minor,  
Op. 73

Bernhard Henrik  
Crusell  
Clarinet Concerto  
No.3 in B flat-ma-  
jor, Op.11

Franz Krommer  
Clarinet Concerto  
in E-flat major,  
Op.36

Gerald Finzi  
Clarinet Concerto  
Op.31

List compiled by  
Kristen Zicarelli

## Staging a classic drama

Sophomore Amelia Burkley will direct and stage Moliere's 'L'Impromptu de Versailles' in March

**KRISTEN ZICCARELLI**  
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In March, sophomore Amelia Burkley will demonstrate the extent one can take undergraduate research—past the one-dimensional academic paper to a stage of lights, drama and costumes.

Her unconventional approach will culminate in a staging of French playwright Moliere's "L'Impromptu de Versailles." As director of the production, Burkley adapted the script to include English and the traditional French lines. Student actors will take the stage on March 16, with the help of an eight-person crew for staging, lights, costumes and more. As a theater major with concentrations in musical theater and directing, Burkley has combined her areas of study with her proficiency in French to cre-

ate the production. Moliere's play is a 'show within a show' that centers on a one-hour attempt to stage a play for King Louis XIV in Versailles. Taking advantage of the structure of the play and the nuances of the French language, Burkley divided the languages on the basis of formality—using French for the formal lines of conversation between unfamiliar acquaintances or superiors and English for informal spoken words among equals.

"There's so much historical context that I really wanted to bring out and illuminate," Burkley said. "I want to play with the understanding of how the audience interprets the play and how they understand the play differently when the language is taken away and given it back."

Burkley will heighten the effect with the lack of subtitles, comparing it to understanding Shake-

spearean English on stage.

"It is like when you go see a Shakespeare play and there are no subtitles," Burkley said. "You could classify Shakespearean English as a foreign language at this point, because that early modern language is no longer spoken."

Her interest in Shakespeare and the French language became the impetus for staging a play, which initially occurred to her during study abroad in London with her professor, Dr. Laura Grace Godwin. After seeing a bilingual version of Moliere's most famous play, "Tartuffe," Burkley became inspired to improve the overall production and stage one at CNU.

"I've taken french for six years, I love the culture, I love the language, I love 'Tartuffe' and I've seen it multiple times, but when I went and saw it with her, it was terrible," Burkley

said. "They didn't define the split between English and French very well and they had too many concepts that they didn't define well."

The experience led to her writing her own script, featuring one of Moliere's lesser-known pieces.

"She suggested the 'Rehearsal at Versailles,' and I read it and I feel in love with it," Burkley said. "It was so funny and ingenious."

Since then, Burkley has worked to make her project a success. Even though directed in high school, her project is a vast learning opportunity.

"I've never directed in this large of a scale or this large of a stage," Burkley said. "I've never done anything in a foreign language before, so this is going to be a lot of firsts and I'm really interested to see how it plays out."

Despite the complexity of the project, her overall goal is relatively simple.

"Honestly, I want to be able to complete the performance and have audiences enjoy it, understand it and maybe learn something," Burkley said. "That would be my version of success." ■

# A not-so-beautiful construction of a beautiful boy

An intriguing tale about the roller coaster ride of drug addiction, family and drama, 'Beautiful Boy,' is worth two hours of your time

ASHLEY MCMILLAN  
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Imagine having the perfect son, the perfect wife and the perfect job. You can write about anything and everything for a salary, you have a son that is your best friend in the household and an amazing new wife to step in as a mother to your son. Out of nowhere, as time has gone by, your son seems distant and "not always there" ... but that is just what teenagers do, right? For the Sheff family, and many others around the world, that is not the entire truth. Father of the household, David Sheff, competes with his son's addiction tirelessly throughout the film. Whether it's to walk the San Francisco city streets, or cross-country on a plane to New York, all to find his son—David consistently is there after Nic relapses and leaves rehab, again and again.

Almost a decade later, the father and son, David and Nic Sheff, had their two memoirs produced into an Amazon Prime Original Film "Beautiful Boy" (2018). Director Felix Van Groeningen and screenwriter Luke Davies worked to tie both Sheff's memoirs, trying to jumble together the film's time structure.

As a young adult, Nic Sheff wrote the first book that would inspire the film, "Tweak: Growing Up on Methamphetamines" (2007), he explores how the addiction took over his life, as well as his families. The second book was written by none other David Sheff himself, father of Nic Sheff. David's book was titled "Beautiful Boy: A Father's Journey Through his Son's Addiction" (2009). Just by reading the title, it is understood how David, in response to his son's book, felt compelled to write "Beautiful Boy" because of his struggling but compassionate story with his son's drug addiction from a father's perspective.

In this family drama, Steve Carrel plays David Sheff, a father of young drug addict Nic Sheff, played by "Call Me By Your Name" (2017) star Timothée Chalamet. The film captures the hopeless rollercoaster families go through when a loved one has a severe addiction. While watching it, it seems the time structure is disfigured or not well thought-out.

As time goes by, old memories

and flashbacks flood in unexpectedly as the film progresses; unanticipated flashbacks show how quick and subtle addiction can be for the least expected. Director Groeningen tried to display this feeling of an unresolved chapter that never seems to end, while as well trying to contribute both books into the film. Nevertheless, the film perfectly captures the imperfect cycle of drug addiction.

While watching, I never understood why the director didn't show Nic's first use of drugs. When telling a story about drug addiction, it is typically significant in a user's life of when their new experiment with drugs started. David discusses his time with drug use, but Director Groeningen didn't go into full detail of Nic's background, focusing instead on the cycle of his addiction.

Speaking out about how a first time with drug use escalated from marijuana, to cocaine, to methamphetamine is critical when figuring out recovery options for the long-run. For instance, low self-confidence or depression could contribute into why a user had started this complicated "journey" unable to

Midway through the film, we discover that David has had his own experimentation with drugs in the past. Although it was nothing as severe as Nic's situation, he tries to find ways to understand his son. This could be a contribution as to

come this way. David does anything in his power throughout the movie to save Nic when he hits a low point.

In regard to how the film was made post-production, the editing was confusing and awkward at first, but due to its context it's clear why. The film is a rollercoaster ride. The cinematography of "Beautiful Boy" reflects the complexity of a heart-wrenching situation with the use of fast flashbacks, and quick cuts to the next scene. Though, it can be confusing at first for the audience when trying to realize if a particular moment was present or in the past due to multiple time stops.

Personally, I don't try to analyze everything while watching a film for enjoyment, so when watching this film in particular it was complicated for me to realize the connection of scenes one after another. It makes sense midway why the film seemed repetitive—that's what drug addiction is all about. It's never-ending. Nevertheless, the color-grading

escape from. A clarity of how Nic got turned down this impossible path would be more intriguing for the audience.

why Nic felt compelled to be like his role model—his father. David starts to act as if it his fault as Nic's father with a drug history that Nic has be-

Steve Carell  
Timothée Chalamet  
Maura Tierney  
and Amy Ryan



IN THEATERS THIS FALL  
amazonstudios

Beautiful Boy

COURTESY OF IMDB

was very relaxing and homey. For mise-en-scene, I appreciated the overall tone and little elements of the film. The setting was primarily in San Francisco or Los Angeles, both which are known to be creative, free-minded cities. Because of that, the film had multiple creative, local-feeling props and sets that made me feel like I was a Boho city gal watching.

"Beautiful Boy" is beautifully constructed to tell the story of almost every family victim to drug addiction. Groeningen's film doesn't particularly go into detail of Nic Sheff's drug addiction background, but rather has the audience see themselves in some families' likewise situations. The story seems to speak for itself—drug addiction comes out of nowhere, shackling their victim to up their doses until death sets them free. In my opinion, free up two hours of your time to become acclimated to that atmosphere, and what YOU could do in your present. ■

*"The cinematography of Beautiful Boy reflects the complexity of a heart-wrenching situation."*

## The King of sushi buffets

Why Sushi King is the best restaurant in Newport News

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The space between the Public Storage Lockers and the Key West Inn does not scream fine dining. Located on Jefferson Avenue, Sushi King is not in the ideal location for a sushi buffet.

The unevenly-paved parking lot and darkened windows do little to encourage people. For those brave enough to enter, however, they are rewarded with the best-priced, best quality buffet-style sushi in Newport News.

Slightly cheaper than OMG Sushi and with a deep menu for all tastes, Sushi King is worth the nine minute drive from campus.

Once you enter, the atmosphere changes from slightly sketchy to a nice bar setting, but with mostly tables. The majority of the restaurant has booths for seating and the music in the background is noticeable but not too loud. Similarly, even when the restaurant is crowded, it never feels hard to hear the people at your own table.

Ordering is simple: you can order as many times as you want and as much (or as little) as you want with each order. Just be sure to order within your own limits as there is a service fee for uneaten food.

The food is delicious and the menu can seem endless or overwhelming at first. Over the course of the last three years, we have sampled a majority of the menu and we keep

discovering new favorites.

The soups and appetizers are small but delicious. We highly recommend ordering several of them over the course of your meal as they all make excellent compliments to the food.

The sushi is always fresh, made by a pair of sushi chefs at the front of the restaurant.

This slows down the delivery of your meal quite a bit, however, the wait is worth it, knowing your sushi was made mere seconds before your consumption of it.

If you're not into sushi, the kitchen entrees are hot and well-seasoned. The hibachi and teriyaki sauces are rich but not overwhelming. Most of them come served over sauteed vegetables and with white or fried rice.

The variety doesn't end there. There are vegetarian options, both sushi and cooked, and a small kids menu for those who just don't enjoy Asian food at all (but if you think you won't like anything, try the teriyaki chicken—you will like it).

In addition to all the food you could possibly order, there is a salad bar, some small seafood bites and a soft-serve ice cream machine. It is impossible to leave the establishment hungry.

It might not look like much on the outside, but Sushi King is a fantastic place to eat a lot of good sushi. For the same price as eating a single sushi roll on campus, you can experience an all-you-can-eat dining experience with a vast menu of choices that never get old.

In short, you should only eat sushi at the king, the king of sushi, a veritable Sushi King, if you will. ■



COURTESY OF SUSHI KING



COURTESY OF SUSHI KING

### Personal Recommendations

*Appetizers: Beef gyoza dumplings, edamame*

*Hot food: Hibachi shrimp, teriyaki chicken*

*Sushi: Shrimp Tempura Roll, Dragon Roll*

*Vegetarian Options: Hibachi vegetables, aged tofu*

## The most quintessential essential oils

Essential oils are all the rage nowadays, but what are they actually useful for?

**ANNA DORL**

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Essential oils—they're essential. While many may still believe that the healing powers of essential oils is just an old wives' tale that should be left to hippies and witch doctors, studies have shown that there are more benefits and uses than one might initially think.

At first, people may be overwhelmed by the laundry list of weird plant names and they may wonder what magical powers some obscure oil in a little brown bottle might have. There are hundreds of different varieties, which translate to hundreds of different uses. It can be hard to choose which oils to start with, so I've compiled a list of some of the most popular types and the uses different uses they have.

### 1. Lavender

With its many calming and relaxing properties, lavender is ideal for those who struggle with insomnia and anxiety. Rub some on your wrist for instant stress relief, put some in a diffuser at home after a stressful day or shake out a few drops onto your pillow at night for a restful sleep.

### 2. Peppermint

Peppermint is a refreshing and grounding scent. It helps wake you up and keep you alert and focused on tasks. It also can help with feelings of nausea when inhaled. When mixed together with lavender, it makes for a powerful headache aid. Rub drops together in your hands, then inhale and massage into temples.

### 3. Frankincense

This multi-use oil isn't just for baby Jesus anymore. Put a few drops into a diffuser to ease your breathing if you have respiratory issues. Rub into any stubborn stretch marks on your body; it helps them fade over time with regular use.

### 4. Lemon

Diffuse lemon oil in a room to cleanse it of impurities and make it smell fresh. It has a cleansing effect without any harsh artificial chemicals. Putting lemon oil in your water will make it taste fresh as well as speed up your metabolism.

### 5. Orange

Citrus scents also help with boosting your mood and tend to make you feel uplifted. Orange oil can also help to

boost your immunity and keep you from getting like everyone else in your dorm this winter.

### 6. Eucalyptus

This oil helps to heal all kinds of ailments. Rub into sore muscles to help them heal up faster. Eucalyptus is often found in cough drops and has a soothing and cooling effect. Diffuse in your room to help ease a cough or cold and open up your airways again.

### 7. Tea Tree/Melaleuca

This powerful oil packs a bunch. It has a pungent smell but lots of benefits. When applied topically, it can shrink angry outbreaks of acne almost overnight. It can also be used as an antiseptic for small cuts and similar wounds.

### 8. Patchouli

Quite possibly the hippie-est essential oil of them all, patchouli has always been known for its strong scent. When diffused in a room, it has the potential to lift your mood and can even help alleviate depression and anxiety.

Now that you're familiar with the most popular oils, you're ready to embark on your hippie journey. Essential oils are powerful tools and should be treated as such, so be sure to do your own research on the types you end up buying as some may be toxic to pets or detrimental to your own health. You can purchase essential oils in all kinds of places, but health food stores such as Whole Foods and Health Haven have the widest variety. Which ones are you going to add to your medicine cabinet? ■

# Feeling the love at Nail Luv and Spa

A Newport News nail salon is a favorite with the CNU community

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With its luxurious environment, warm peach walls and decorative columns that would make any CNU student feel right at home, Nail Luv and Spa is the Newport News's destination for all your nail needs.

Located in Hiddenwood Shopping Center, in close proximity to CNU, Nail Luv has become extremely popular with CNU students, faculty and staff alike. Nail Luv is well known for their wide range of esthetic services, including basic manicures and pedicures, waxing, massages and facials.

After a stressful school day, we decided to head to Nail Luv for some pampering.

We have heard a lot about the place from friends and were pretty excited to see what all the hype was about.

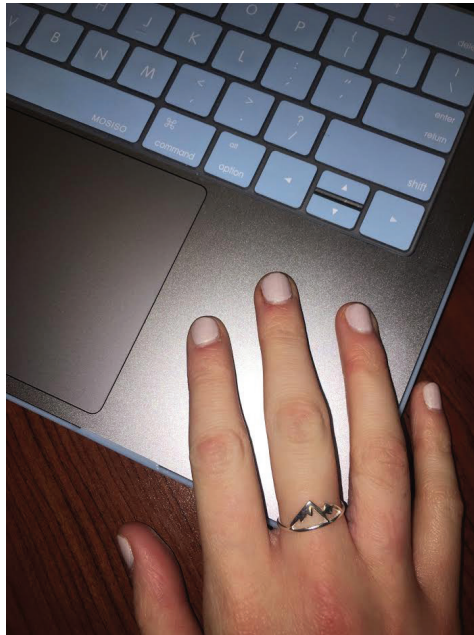
Customers can make appointments, but walk-ins are welcome all the time. We did not have to wait at all. Immediately after we walked in and told the man at the front desk what we wanted. He directed the two of us to a revolving stand, which was basically a tall tower of every color of nail polish you could ever want, and allowed us to choose. We were then whisked away to get a manicure and a pedicure.

Manicures at Nail Luv are done quite quickly, but with noticeable precision and accuracy. After your tech cuts and files your nails and cleans up your cuticles, he asks you to pay while your fingers don't have any polish on them so you could dig my card out more easily. (After he informed us that Nail Luv doesn't take American Express, we had to run out to the car to get a Master-

card.) If you want to leave a tip for your tech, let them know how much beforehand—there's nowhere to write in an amount on the receipt, as we learned the hard way. Your tech also gives you a little hand massage with soothing and sweet-smelling olive lotion. After multiple smooth coats of the polish of your choice and a clear coat, punctuated by polite small talk, he thanks you for your business and then sends you to the nail drying area at the front of the establishment.

So that we could each get a good experience, we decided to get a pedicure as well.

After choosing your color, you are whisked away to a row of massage chairs with water basins at their feet. Customers receive a back massage by chair while the technician works. The tech strips away the leftover nail polish that still adorns your toes (which is good if you're too lazy to take it off before) and spreads different scrubs and lotions over your feet while she massaged them. It's definitely relaxing, although if you're ticklish, you may have a little trouble keeping still when she massages the bottom of your feet. After all the lotion, she applies the nail polish quickly and cleanly, remarking that she thought it was a beautiful color. Whether or not they're obligated to say that, it makes you feel good. Finally, you're given plastic flip flops to wear out and directed to the front to pay with your card.



Days after getting my manicure, my nails still look great and the polish is still mostly intact. ANNA DORL/THE CAPTAIN'S LOG

When we got back to the car to drive home, we found ourselves stricken with what we called "nail fear," terrified that our nails were still wet and that they'd mess up on the way home. We didn't really have to worry about this horror, however, because Nail Luv's nail dryers had perfectly hardened our polish, which is still holding up pretty well about a week later.

Nail Luv and Spa really knows what they're doing and you really get a lot of bang for your buck.

The next time you're looking for somewhere to go before a formal, your upcoming graduation or if you're just looking for some post-class pampering like us, Nail Luv is a perfect choice. ■

## Health Horoscopes: February 6-13

What's in your future this week?

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### Aries (March 21 – April 19)

There's noticeable vitality all around. Allow your body to recoup between get-togethers. Drink a lot of water and eat wholesome foods that can strengthen your system. Arm yourself for minor mishaps brought about by rushing. Be kind to yourself.

### Taurus (April 20 – May 20)

There is no such idea as perfect health. Culture insults us with images of beautiful bodies, flat bellies and pure muscle definition. Having goals is easy, but not impossible, otherwise you will lose hope. Start with smaller targets and acknowledge who you are!

### Gemini (May 21 – June 20)

Keep up the good work. Remember that balance in your routine is basic if you are to stay healthy. You don't seem to have additional anxieties, so take a shot at more pressing issues. Be adaptable in your methodology. If your results are wrong, find a new solution.

### Cancer (June 21 – July 22)

Don't tie yourself in knots analyzing the ideal approach to get fit. You could be obstructed by a dread of doing the wrong thing or stress over the general advantages you'll escape some routine.

The universe is encouraging you to trust in your heart to acknowledge the best idea for you.

### Leo (July 23 – Aug. 22)

A specific issue might incur significant damage on you. Don't let it kill the mood. You could be in a mood that drives you into addictive practices if your will is upset. Stay away from self-sabotage. Regard yourself and find an answer that works for you.

### Virgo (Aug. 23 – Sept. 22)

Appreciate liking yourself and your newfound vitality. It would help you to enhance your adaptability. Lifting heavy weights probably won't be as compelling as a gentler methodology. Yoga, Judo or Tai Chi can help control your body's vitality. You'll feel incredible.

### Libra (Sept. 23 – Oct. 22)

Any upgrade to your prosperity merits time and exertion. Investigate any continuous medical issues and check whether they have a typical factor. Figure out how to function with this to get to the underlying driver. Ideally, take action rather than stress.

### Scorpio (Oct. 23 – Nov. 21)

Watch out for minor accidents. The universe is working up your mind and bringing hidden issues to the surface. Try meditating every day. Calmly see what's happening inside you. Notice your mood and how it plays into your actions. If you can do this and defuse the tension, accidents will be less likely.

### Sagittarius (Nov. 22 – Dec. 21)

Medical problems may be at ease lately, don't let your guard down however. A single symptom may not be noticed, but your recovery from it is not guaranteed the same. You will need to roll out a few improvements. Discover where you aren't being upheld in life.

### Capricorn (Dec. 22 – Jan. 19)

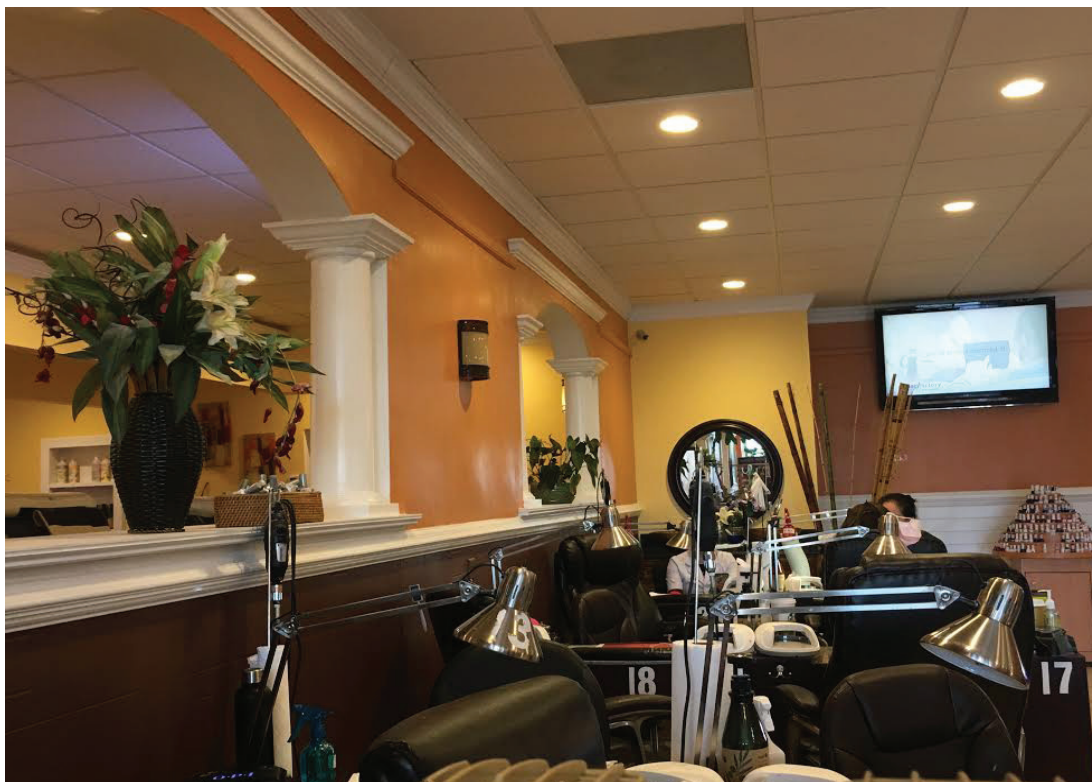
Prevent overloading your system by eating wholesome foods. Viewpoints show that the core of the issue could be overindulging in foods that aren't good for you. You have two options—continue indulging or choose to regard your body. You have a decision in these issues.

### Aquarius (Jan. 20 – Feb. 18)

Stay flexible and relaxed. Clashes and difficulties incur significant injury on your body as pressure and tension. Meditation or yoga will keep your body flexible and mind quiet. These strategies will cruise through issues with a reasonable head and a lot of vitality. Try not to overindulge if you think things are getting out of hand.

### Pisces (Feb. 19 – March 20)

You may feel more passionate than expected in response to occasions happening around you. If you feel tired, lighten your calendar a bit and eschew difficult choices. You may need to take some additional nutrients to help your immune system and prepare for diseases. Stay aware of your activity schedule, as well. ■



Nail Luv is a warm and inviting environment, full of comfortable chairs, fun wall colors and live plants. ANNA DORL/THE CAPTAIN'S LOG

*The Jean Everitt Journalism Lecture Series*

# Literature & Democracy

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Wednesday, February 6, 2019  
3 p.m. | Gaines Theatre  
*Free and open to the public*

Literary education has always offended the values of American democracy. To say that Shakespeare is better than "The Apprentice" is to violate the egalitarian principle that places all tastes on the same level. What gives a professor the right to say a work he values is better than a work someone else values? When Fox News pundits rail against the elitism of literature professors, they exemplify a dynamic first analyzed in De Tocqueville's 1835 *Democracy in America*. Over the past 30 years, many professors have gradually given up on literary judgment. This talk will show that the practice of expert judgment violates dogmatic equality to achieve a higher form of equality.



**DR. MICHAEL W. CLUNE**

*Samuel B. and Virginia C.  
Professor of Humanities,  
Case Western Reserve University*

**MICHAEL W. CLUNE'S** work has appeared in such venues as *The Atlantic* and *Behavioral and Brain Sciences*. His most recent academic book is *Writing Against Time* (Stanford University Press, 2013), while *Gameline* (Farrar, Straus and Giroux, 2015) represents his latest creative offering.

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