



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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OCTOBER 10, 2018

Who picks up the tab?

Tuition increases have occurred annually since 2002. What's a University to do?



CNU and the Va. General Assembly, represented by Christopher Newport Hall and the State Capitol Building, are two institutions that are responsible for funding education. **CNH PHOTO BY ALEX BURRUS/ THE CAPTAIN'S LOG, VA. STATE CAPITOL BUILDING PHOTO COURTESY OF WIKIMEDIA.**

BY MORGAN BARCLAY

MORGAN.BARCLAY.15@CNU.EDU

Many across campus didn't know that tuition had increased over the summer until they looked at their bill.

With an 8.1 percent increase of \$1,100 comprehensively for in-

state students, this surprise created difficulties for many right as they were about to return to campus for the new semester.

Christopher Newport University (CNU) students responded in turn, with all major political organizations on campus co-signing

a letter sent to President Tribe expressing their dissatisfaction about the unannounced tuition increase. The Captain's Log also recently featured an article which expressed a similar level of dissatisfaction.

However, this increase was not

the only one of its kind, with the State Council of Higher Education for Virginia (SCHEV) announcing that every Virginian public institution increased tuition going into the 2018-19 year, with the lowest increase coming from the University of Virginia with an in-

crease of 2.8 percent of \$444 and the highest coming from James Madison University with a 10.5 percent increase of \$1,138.

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What's Inside

News

A new Masters program has Finance majors excited.

Snapshot

Get up close with the performers of Stroll to the Polls in this recap.

Sports

Women's soccer added to their winning streak this past week.

A&E

Uncover the true story behind the play, "The Laramie Project."

Lifestyle

Your official guide to homecoming court before voting goes live.



Weekly pic

CAB President Phillip Patterson and CAB member Cassie Canavan make their landing at the outer space themed Fall Fest.

PHOTO BY HANNAH LINDENBLAD/ THE CAPTAIN'S LOG

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



CNU TV

Stroll to the Polls was one of the biggest events on campus this year. In case you missed it, get caught up with these highlights in CNU TV's "Sights and Sounds of Stroll".

Happened

October 19

Capt-A-Thon

The sisters of Phi Mu danced their way to almost \$30,000 for CHKD during their annual philanthropy event, Capt-a-thon, a dance marathon that lasted from 6-11 p.m.

October 21

Women's Leadership Summit

Women from across campus came together from 9 a.m. to 3:30 p.m. to discuss women in business, social media, negotiations, interior design, event planning, leadership and more.

Happening

October 26

Glow-in-the-Darcapella

Listen to every acapella group on campus in this concert that glows in the dark from 7-10 p.m. in the Diamonstien Concert Hall

October 30

Halloween Town Hall: We're not a costume

Join the African Cultural Society, Asian Student Union, Black Student Union, Latino Student Association, and SDEC for a discussion on cultural appropriation ahead of Halloween in the Crow's Nest at 7:30 p.m.

The Captain's Log Snapchat



Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with campus life.

Corrections from out previous issue

Kauzlarich was incorrectly spelled as Kauzerbach and Director-General of CNU MUN Rakan was inncorrectly listed as Under Secretary-General. TheaterCNU's 'Hero' was incorrectly listed as Sydney Jones and 'Leonata' was incorrectly listed as Charlie Grass

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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

- 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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Who picks up the tab?

CONTINUED
FROM PAGE ONE

This occurrence is also not a new trend, with SCHEV stating that tuition has increased every year since the 2002 fiscal year. The trend of increasing tuition across the state has gone on almost as many years as the students currently attending these institutions have been alive.

This has led to an increased pressure from students and parents of those attending these institutions. In a personal interview, Tribble expressed his care and consideration for these concerns. “We don’t want to turn away any students that want to come to CNU,” he stated.

This pressure is not only coming from students and parents, though. It is also coming from the Governor and the General Assembly, both of which have “strongly encouraged” public Universities to provide financial certainty and a limit of increases to less than three percent a year.

These statements have all come together to form a new proposed guaranteed tuition plan for the 2019-2020 year.

The plan, which was proposed during the Oct. 10 Executive Board of Visitors meeting,

proposes a guaranteed average annual tuition increase of 2.5 percent or less. Currently, under the six year plan, students can expect an average annual tuition increase of 4.9 percent.

More specifically, the plan, which is proposed to start for the 2019-2020 school year, would entail a 6.7 percent increase of \$990 for the first year, and a 1 percent increase of \$160 every following year. This makes for an average of a 2.5 percent annual tuition increase.

The Board was also excited as the proposed plan will be the first of its kind in Va. as it includes comprehensive fees in the guarantee. Other similar plans at institutions such as William and Mary, JMU and UVA do not include comprehensive fees in their guarantee.

The plan is important for financial planning and it reflects a change requested by students of CNU. The proposal is also available for the public to view online at cnu.edu/whoware/bov/proposals. This too displays a change requested by students who expressed dissatisfaction at the lack of acknowledgment of the University about the increase.

Tribble acknowledges the importance of the plan, “A family coming to Christopher Newport knows, day one, what it will cost all four years.”

Rector Robert R. Hatten reiterated this, stating, “Every parent wants to know what it costs to educate their student and they don’t want a surprise every year — whoops, there’s another five thousand, three thousand dollars. It allows parents to plan, have certainty.”

But many students were not as

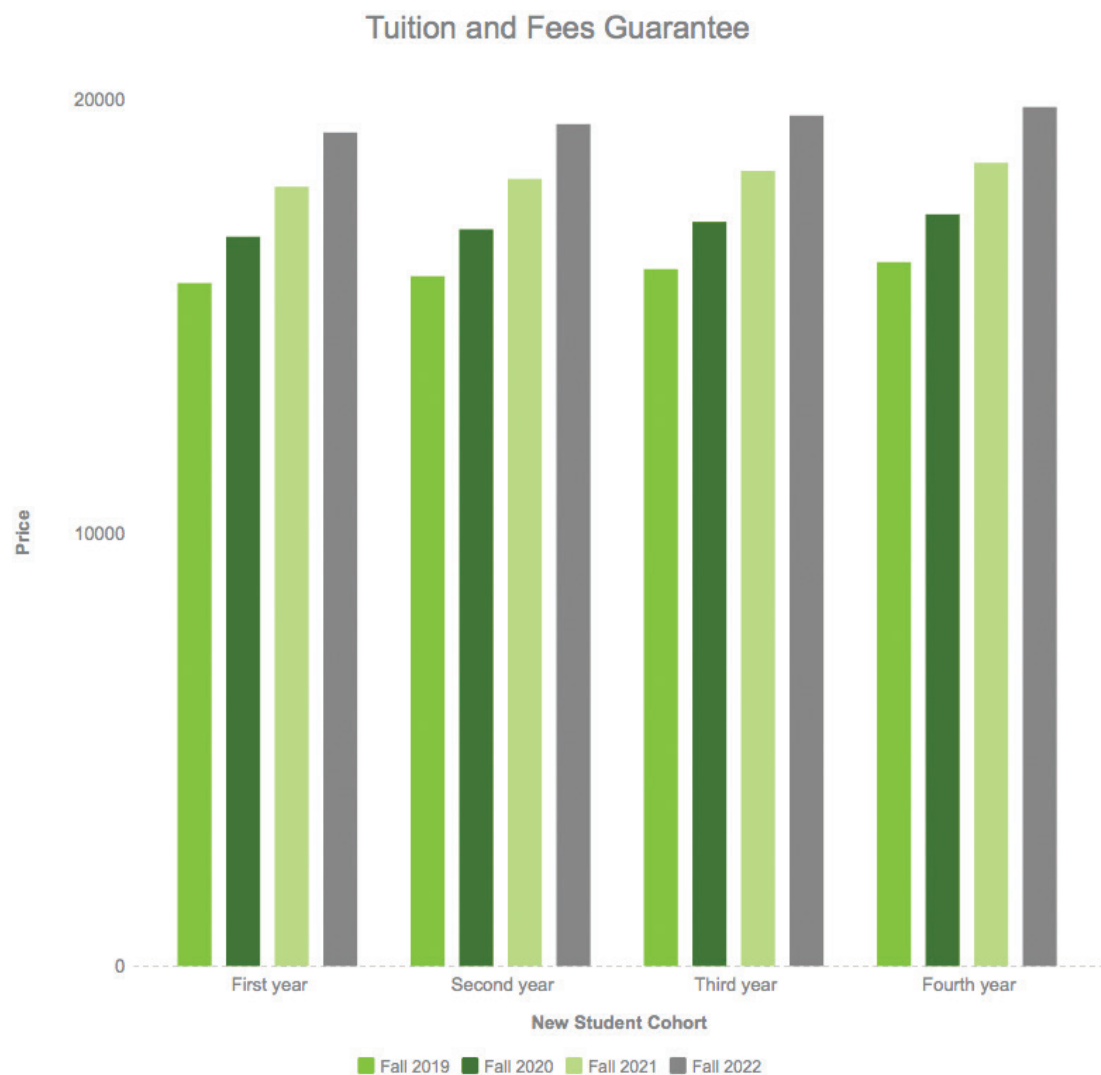
excited about this new concept.

Sophomore Emma Dixon expressed her lukewarm feelings about the proposal. “It’s good, but bad.” She explained, “We don’t want the increase, but at least they’re trying to be more consistent.”

Sophomore Anna Dori also expressed her concerns. “It’s still a tuition increase.”

The plan also left many wondering as to why this increase would still exist.

The Board spoke on this, with many pointing the finger to the lack



The proposed tuition guarantee plan shows an increase in price over the next four years. This price varies between class year. **GRAPHIC BY MORGAN BARCLAY/ THE CAPTAIN'S LOG**

	Freshman	Sophomore	Junior	Senior
Fall 2019	\$15,744	\$15,904	\$16,066	\$16,228
Fall 2020	\$16,814	\$16,984	\$17,156	\$17,330
Fall 2021	\$17,698	\$18,148	\$18,332	\$18,518
Fall 2022	\$19,216	\$19,410	\$19,606	\$19,804

Over the next four years freshman tuition will increase by \$3,472. **GRAPHIC BY MORGAN BARCLAY/ THE CAPTAIN'S LOG**

of sufficient funding and timely reporting from the General Assembly.

According to SCHEV, “the Commonwealth established a funding policy goal of a 67 percent to 33 percent cost share between the state and students in 2004.” This goal has almost been flipped in the case of CNU, with Tribble reporting that CNU was funded by the state at 37 percent.

The University has also expressed concerns about the timely reporting

of state budgets, recalling last year in which the budget did not arrive until late May when it was supposed to arrive in March.

This left many on the Board with similar sentiments to those expressed by students.

“What we have here is a wonderful institution and [the Board has] gone a long way in trying to ensure that is available despite lack of sufficient funding, but we still have the responsibility to push Richmond to

increase funding,” Board Member Gabriel A. Morgan, Sr. expressed.

So the question remains: who is going to pick up the tab? The University, the state or the students? At least at this moment, the students will know that they will. They will also know that the University is trying to ensure the affordability of that tab.

The proposed guaranteed tuition is slated to go into effect next year. Sophomores and juniors will have the ability to opt into the plan. ■

Your advertisement could be here!

Contact the business manager, Liam Rowell at liam.rowell.17@cnu.edu to advertise in the pages of The Captain's Log.

First chapter for new Master's

If approved, this would be the only Master's in Financial Analysis in Virginia.

MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

The robots are taking over — a science fiction plot line and part of the reason for the introduction of a new Masters program at Christopher Newport University (CNU). Introducing the program as a proposal in the Executive Board of Visitors meeting on Oct. 10, Dean George Ebbs, Dr. Ronnie Cohen and Professor Gabrielle Lingenfelter based the new Masters of Financial Analysis program on changes to the professional field. These changes are industry emphasis on certifications, increasing need for knowledge of data analytics and cybersecurity and, yes, having lower level functions replaced by Artificial Intelligence.

"They're already starting to disappear," Cohen stated on the jobs that graduates of the business school would get in years past. "Entry-level jobs have vanished."

Due to lower level accounting functions being replaced by Artificial Intelligence, students are now having to start at a higher level. Many go on to further educate themselves by receiving Masters degrees in the area from universities like William and Mary. Cohen claims to see that students want to receive this type of education here at CNU, stating that there is high demand across accounting and finance majors.

"I wish it was offered when I was a student," said alumni Justin Helou.

The industry is also focusing more on certification, which furthers the need for a Masters education, as these certifications require 150 credit hours. Not only public accountant certification, employers are looking for certified financial planners, and certified financial analysts.

More than this, employers are looking for more than just an understanding of the numbers. "The types of qualities that employers are going to be looking for are going to be more about critical thinking,

problem solving, relation building, in addition to actual financial analysis," Cohen explained.

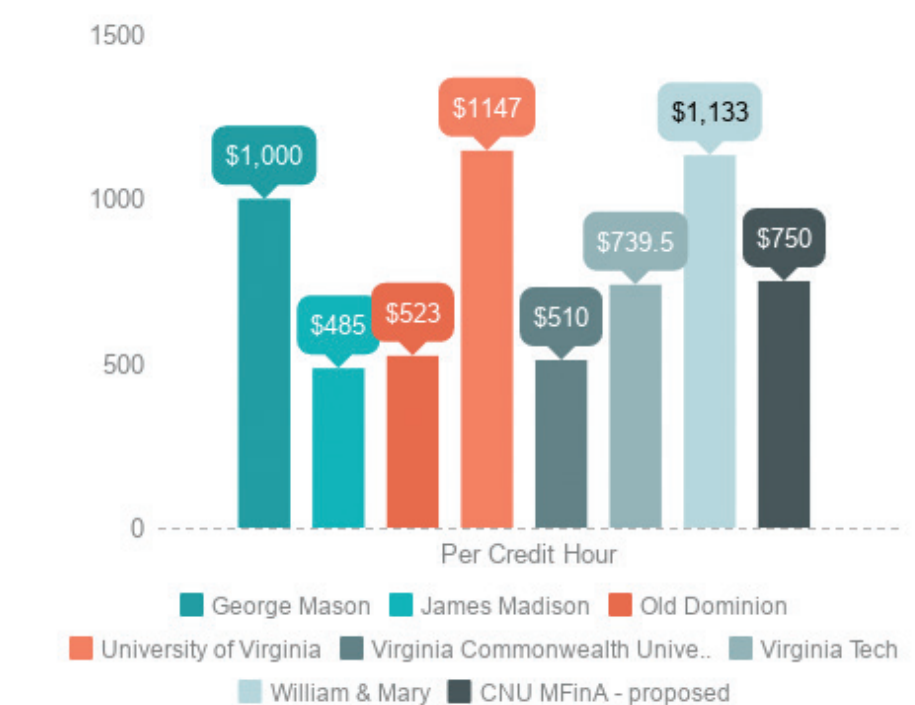
Ebbs, Cohen and Lingenfelter took this into account when planning the program. "We tried to build a program around those specific needs," Cohen stated. They were also careful to actually talk with employers, enlisting their help in planning the curriculum, so CNU students may be the most prepared to enter the job market.

As this is a very fast moving job market, with Ebbs stating that it changes in the "short pace of every two to three years," they have also enlisted professional support from companies in the area. "The field is changing so fast I expect the need for industry involvement," Ebbs explained.

Ebbs, Cohen and Lingenfelter were also excited about the part-time nature of the program, as it will allow students to enter their job market and build up their resume. The electives offered in the program were also of interest. The program will offer classes in cybersecurity and emerging assurance technologies; both classes showcasing the changes to the field that Ebbs and Cohen had mentioned.

The program will be of comparable price to other Masters programs in the area. The program is proposed to be offered at \$750 a credit hour, putting CNU in the middle of the pack price wise. On the higher side, the University of Virginia prices their programs at \$1,147 per credit hour, William and Mary at \$1,133 and George Mason at \$1,000. On the lower end, James Madison prices their credit hours at \$485, VCU at \$510, Old Dominion at \$523 and Virginia Tech at \$739.

The program also does not require an increase of infrastructure, as it will exist as an extension the Luter Business School, using the space, library and technology already available. It will also use private fundraising to support two senior profes-



The cost per credit hour for comparable Master's Programs in Virginia. The proposed cost per credit hour for CNU's Master's in Financial Analysis is \$750. This is less expensive than three other universities, but more expensive than four other universities in Virginia. **INFOGRAPHIC BY EMMA DIXON.**

sorships. The program will also be self supporting in its fourth year at the \$750 price.

It will also be the first of its kind in Virginia, filling a need. The closest program of a similar nature is found at Rutgers, the other, in California.

President Paul Tribble highly approved of the program, stating that "it's an exciting program."

"This will make CNU's Luter School of Business an attractive competitor to other schools in Virginia with graduate degrees in the field of Business. It

will also give current undergraduate students the option to continue their studies at CNU while pursuing one of the increasing number of graduate degrees offered by the University," John West, Vice President of Finance for Alpha Kappa Psi, said.

Approved by the Executive Board of Visitors, the proposal will make its way to the State Council of Higher Education for approval from the state of Virginia. Ebbs, Cohen and Lingenfelter are hopeful that it will be approved for the Fall of 2019. ■

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on Newport News
Virginia

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Join our staff!

Come to our weekly meetings Sunday
at 6 p.m. in McMurran 160 to meet our
editors and pick up a story!

Attributes of Roots & Shoots

Originally created by Dr. Jane Goodall, Roots & Shoots is a chapter at CNU that seeks to promote environmentalism through student-led projects like the Causey's Mill riparian.

EMMA DIXON

EMMA.DIXON.17@CNU.EDU

What do CNU students, Jane Goodall and environmentalism all have in common? Roots & Shoots.

Founded in 1991 by Dr. Jane Goodall, Roots & Shoots is an international organization dedicated to upholding the values of conservation, environmentalism and humanitarianism through the utilization of student-led projects.

"[Jane Goodall] started it in Tanzania with, I think, 14 other students and it has grown over the years to be a global organization. There's little chapters all over the world, so we're one of those chapters," Roots & Shoots at CNU co-president CC Bostic said. "We knew a professor, [Professor Deschenes], who worked [at CNU] who knew Jane Goodall, and Goodall was like, 'Hey, you should start a Roots & Shoots chapter at CNU,' and you do not say no to Jane Goodall."

"I feel like the big difference is we're more project-based. Whenever I talk to someone about the organization, I always say we work with local governments, local school systems and local businesses because the whole idea is we want to collaborate with different groups to promote sustainability in the most effective way," co-president Nic Pol said.

Roots & Shoots is a program of the Jane Goodall Institute that seeks to build on the legacy and vision of Dr. Goodall in order to place power and resources for creating practical solutions to big challenges in the hand of young people. Aesha Parikh, Events Coordinator for Roots & Shoots at CNU, believes the organization was created from the goodness of Dr. Goodall's heart to educate people about why it is important to protect the earth and everything in it.

"A lot of green organizations like to just focus on nature, but what's special about Roots & Shoots is that our motto is conserve, protect, educate," Parikh said. "With that, people are involved and how people are sustainable. Children are involved; that's why we have an education program. Animals are involved; that's why we want to care for the environment, to make it a better place for people and animals and plants. It's more of a holistic type of green organization."

"So [Deschenes] recruited a couple of people and we started [this chapter of] Roots & Shoots, and the whole goal is to promote environmentalism, the education of sustainable practices and give power to college students and below to help them take on projects on their own and make things happen" Bostic said.

Roots & Shoots at CNU was created almost two years ago and it currently has about 30 members. Bostic was one of the co-founders who helped create the CNU chapter and has been in the organization since the beginning. Bostic attended an environmental governor's school back where she came from and has always had an interest in the environmental sciences, which are a few of the reasons she decided to become one of the co-founders.

"When I came to CNU I wanted to be part of an environmental group. I just hap-

pened to be in a botany lab and Professor Deschenes brought it to our class and asked if anyone would be interested in potentially co-founding this [chapter]," Bostic said. "I thought this was right up my alley, taking a leadership role and really being able to make something happen. It's been a lot of work but I've enjoyed every single second."

Bostic believes the group's goals have changed throughout her time in the organization.

"When we first started out we had really specific goals. We had goals that we probably couldn't reach, but we wanted to shoot for them; like brining a greenhouse on campus," Bostic said. "Now we've scaled it down a little bit to try and make [the goals] feasible for us and the members."

Some of the projects Roots & Shoots at CNU are currently working on include the CNU community garden, the Causey's Mill riparian buffer, movie showing events and a education program.

In addition to having their own plot, Roots & Shoots helps organize and maintain the gardens located behind Washington on East Campus.

"It's a really big step for CNU, because CNU traditionally hasn't had a lot of sustainability infrastructure. Having [the community garden] there and being a part of it is really cool for us," Bostic said.

Members are also working with the Newport News Master Gardeners to create a riparian buffer at Causey's Mill, which is located on the edge of Lake Maury in Newport News. The goal of this projects is to lessen the amount of runoff pollution going into the lake by rehabilitating the riparian buffer. Roots & Shoots received a \$200 mini-grant for this project from the international Roots & Shoots organization.

"[A riparian buffer] is an area that helps the land and water with nitrogen fixation and runoff. It helps keep the area maintained. It's very important to keep areas like that functional and litter free," Parikh said.

"[This project] is really cool because it has networking involved with it. It's with the Master Gardeners, it's with the Parks Department and it's off CNU's campus. It's something I think [members] really like because we can be in a CNU bubble, but sustainability does not exist in isolation," Bostic said. "It's suppose to be model so citizens can come and look at it and go, 'Oh, I can make a riparian buffer in my backyard.' It can be used in lots of different places and areas."

Roots & Shoots also has an education program, where they teach younger students. Recently, they traveled to Riverside Elementary School where they taught around 50 third graders about the importance of plants and helped them plant their own plants.

"We try to give back to the community through the education program we started. We've done it once so far and it worked out very well," Parikh said. "It all tied back to their SOLs. We coordinated with the principals and we looked at third grade science SOLs. It was SOL prep that they actually enjoyed and it was hands on."

Every other Monday, members take group hikes on the Noland Trail in order to bond and reconnect with the world around



(Top) From left to right, seniors Anna Curran and Keely Spitzer volunteer with Roots & Shoots at CNU at Causey's Mill located near Lake Maury in Newport News. (Below) from left to right, Keely Spitzer and co-president CC Bostic help the environment by rehabilitating the riparian at Causey's Mill. **PHOTOS COURTESY OF CC BOSTIC**



them. Roots & Shoots at CNU also puts on movie showing events where they play environment-related movies, which are followed by discussions. They will be showing "Cowspiracy" on Nov. 3 at 2 p.m. in Forbes 1022.

Gardening Coordinator Grace Delmar believes she has learned persistence through her work with Roots & Shoots at CNU.

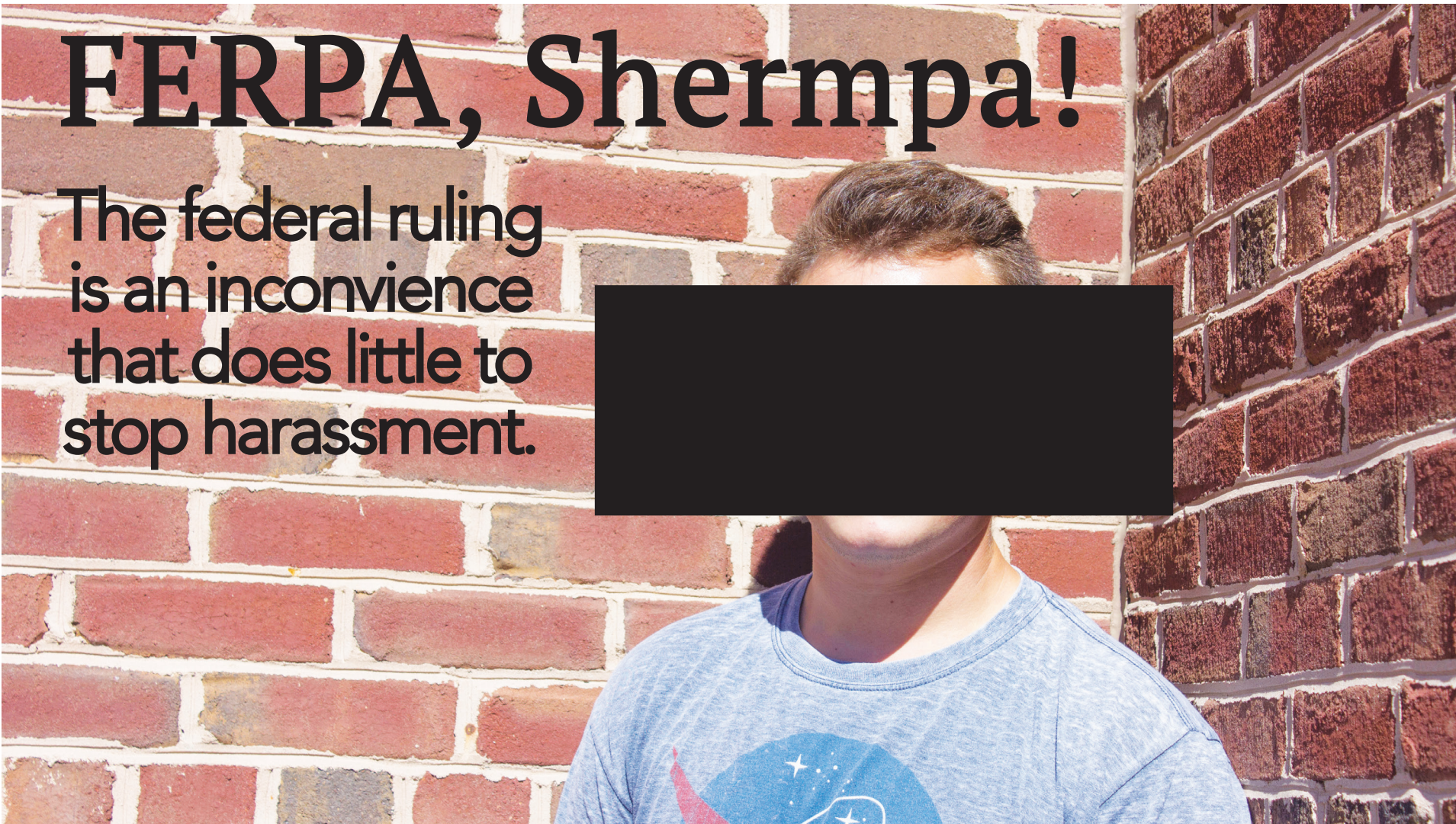
"People get discouraged when something they really wanted to go well and work the first time, or this huge projects that maybe just fell through because we didn't have the land or the resources. It's really hard not to get discouraged after those things," Grace Delmar, Gardening Coordinator, said. "It's a constant battle, especially because of the world we live in and the fact that saving the earth is not economically friendly for a

lot people. It's not a profitable thing, so it's really hard for people to not get discouraged."

One of Bostic's favorite thing about Roots & Shoots at CNU is the people.

"CNU is a pretty small university and sometimes it can be hard to find the people you really mesh with. The people who really care and the people who are in Roots & Shoots want to make a difference, and you can tell," Bostic said.

"Being one of the founding members, it was amazing to see that we can actually make an impact. It's not just thoughts and ideas that we have. Everyone can have these ideas that are great and impactful, but actually working on something and being out in the field and seeing that change, no matter how small it is, can still make a difference," Parikh said. ■



FERPA Regulations have changed at CNU to impact students, especially clubs and organizations on campus. **GRAPHIC CREATED BY MORGAN BARCLAY**

BY LIAM ROWELL
LIAM.ROWELL.17@CNU.EDU

FERPA is an important law that protects the privacy of students. It prevents unauthorized disbursement to educational information like grades except in certain circumstances. This information is not public and should not be. The national version of FERPA allows for students directory information to be public, as long as they tell students about it. This information can include birth, honors and awards, address, telephone number, and dates of attendance.

FERPA stipulates that this information can be removed at a students request. The new Virginia law now reverses that, so now a school can only give out a student’s information only if the student has previously given consent. This measure is designed to prevent harassment and span. I am willing to trade getting the annoying email from some outside group in order to help people I want to be able to find my email find my email. If you are not you could have asked CNU to remove you from the directory. It also does absolutely nothing to prevent harassment at CNU. Most of the information that CNU was allowed to present was never initially

presented. Our addresses have never been public nor have our birth dates or our telephone numbers. What is left are emails, which used to be in a directory. The thing is to use the directory, most of the time one had to know the first and last name of the person that they were emailing. With that information and basic logic, one can still lower the possible email address down to four possibilities, probably less (the format for CNU email addresses being [first].[last].[year]@cnu.edu). Put all four in the address bar and see which three bounce back and congratulations, email found. One on one, this doesn’t really

matter. It just makes it hard for student organizations to communicate with each other, and forces an extra step to be taken when trying to communicate with anyone on campus, which at this point includes professors (for some unknown reason, the school still has every right to make their info public). What should happen is all new students should be given the option to be included in the directory during welcome week and current students should be given the option as soon as possible. This is annoying, takes time, and shouldn’t have to happen. But now it does and that process seems to be the best solution. ■

Alcohol, a double-edged sword

Don’t get carried away with this part of the college experience.

BY FELIX PHOMMACHANH
FELIX.PHOMMACHANH.18@CNU.EDU

Alcohol is a double-edged sword. It could be a fun time, or it could destroy you. Alcohol is a sociable drink and you should enjoy with people you are comfortable with. It helps some relax

and sometimes expose our innermost thoughts; however, college students tend to forget the dangers of alcohol, even after the number of educational courses all of us have to go through before coming on campus. I believe that because of peer pressure, we tend to “lose ourselves in the moment” and try

to “impress the rest” by drinking to the point of passing out. People should be aware of how much they are drinking because if it is too much, then it could lead to vomiting in the dorm room, going to the hospital to get your stomach pumped or worse.
Try to balance out what you are drinking and make sure to drink an equal amount of water per beverage you get. If you feel full of alcohol, take a seat, and don’t lay down, so in an event of vomiting, you won’t choke yourself. I know I am not your mother, but alcohol could be a good time or a bad one.



GRAPHIC COURTESY OF ISTOCK

Speechless.

MEMBERS OF CAPTAIN'S LOG STAFF
CLOG@CNU.EDU

We here at The Captain's Log are at a loss of words describing the tragedy that has affected the Christopher Newport community this past week.

Determining how to cover the two passings that the occurred this past week

has weighed heavily on our staff.

We have responsibilities as journalists to cover the news such as this, but we also have responsibilities as Captains, to be caring, kind and supportive of our community.

We determined it would be best not to cover this story. The passings of sopho-

more Alex Hagen and junior George Grekos are immense tragedies, that have irreversible effects to campus. There is no way we can report on this objectively, and there is no way we should.

As journalists we can feel the pull to detail the who, what, when, where of these two events. But now is not that

time. Now is the time for reflection and mourning.

It's been a difficult week for us here, as it has been difficult for the whole of campus.

We will hold the families of those lost, the campus, and the community in our thoughts we go through this together. ■

The true measure of campus involvement

The CNU push for involvement may be prioritizing quantity rather than quality of work.

BY MARA THARP
MARY.THARP.17@CNU.EDU

Two years ago I set foot on this campus for the first time, drawn to come take a gander by the videos I had seen on Facebook about the university. On my first campus tour, both of my tour guides listed their campus involvements, all the while pointing out and telling our group about all of the opportunities students have to get involved on campus. When I came to CNU freshman year, I assumed that the push towards activities would end when Club Fair was over, and we would be left to navigate the intimidating sea of on-campus jobs, service tracks and student organizations by ourselves. Instead, I felt like everyone and their mother (or rather, their "Big" and "G-Big") was asking me to join clubs or sign up for recruitment.

Out of fear of being "under-involved," I joined an organization that I did not really feel comfortable being a member of - and I regretted it almost immediately. While I watched everyone around me join a smattering of clubs, or run home to their sisters, I found myself questioning why I was not as "successful" at college as all of these ultra-involved students.

It is hard not to feel like you have someone to measure up to on this campus. We see a lot of the same faces across multiple forms of university social media or framed on the walls of the David

Student Union. I hear complaints from other students about this, but I do not take issue with it - these students are very involved and showcase the type of student that our campus aims to create. Part of what drew me to this university was the emphasis on being a part of a community and being involved in that community, so it makes sense to me that those who are working hard at that are recognized. While I do not think that the university goes wrong in pushing this idea of involvement to the student body, I worry about how easy it is for students to turn this into an unhealthy mindset. I know that I certainly did my freshman year, and it took me a few months to feel comfortable with who I was on this campus and figure out how I would fit in.

In reality, not everyone can juggle three clubs, an on-campus job and a volunteer site. The most important part of coming to college (the reason we find ourselves thousands of dollars poorer every semester) is to learn and focus on academics. Not all majors have the same amount of course load, and no two students are the same - we all have our different capabilities and desires. As college students we are learning how to do many things we have never had

to think about before, such as true time management, policing ourselves to do things that our parents would have normally yelled at us about, but most importantly we need to be learning how to have balance in our lives.

I have struggled with balance in this semester already. Finding myself

involved in three media organizations on campus, an on-campus job, and starting a new volunteer position at a museum - I was nearing burn out before fall break came. There were days when I started to prioritize the extra parts of my college life over my classwork, and my performance in those classes started to decline. Realizing this, I reframed my mindset and did more to manage my time so that classes always came first. However, prioritizing was not the main issue, I was completely forgetting that part of being able to be a good student was taking care of myself. Getting a good night's sleep, remembering to eat all three meals and taking time to clear my mind - these things are just as important, if not more important, than being involved on campus.

The other part of the emphasis of involvement on campus that can be problematic is the issue of stretching ourselves too thin. It is hard to say no to someone who really wants you to join their organization, or to a professor who thinks that you would do well at a conference with a paper you wrote. I have seen some students I know become so involved in many different things that they are unable to give quality time to the activities they are most passionate about. What is the point of being in an organization if the



Sophomore Mara Tharp poses with fellow orientation leader junior Ashley Herring in front of a red heart statue on the Great Lawn during the I Heart Newport News Festival during Welcome Week. .
PHOTO COURTESY OF MARA THARP

only thing you do is read their emails and put it on your list of involvements?

If you cannot give everything that you want to give in an organization, do not add another one because you think it makes you "more of a student." Measuring the success of a student's involvement should not come from the amount of things they can list on their resume but on the degree of change or quality of work that they provide to their involvement. The quality of your time at college should be determined by what you feel you have gotten out of it, whether that be from working hard on academics, being involved or simply learning how to live your life in the way that is best for you. ■

Gamma Phi Beta strolls to first

CNU organizations stroll to raise awareness about going to the polls

BY KAITLIN SANATA

KAITLIN.SANATA.16@CNU.EDU

BY ANNA DORL

ANNA.DORL.17@CNU.EDU

The crowd went wild this past Saturday with the Upsilon Beta chapter of Alpha Phi Alpha, Inc. at their annual Stroll to the Polls.

Gamma Phi Beta took home the trophy as the Stroll champions. The show started with four girls from the Beautiful Kids organization performing. The group supports children living with alopecia and brings awareness to the disease. An uplifting start to the show, the crowd roared in support.

Also during Stroll a \$2,500 check was given to March of Dimes, which helps improve the health of mothers as well

as premature and newborn babies.

There were many high energy performances from different CNU organizations, but GPhi emerged victorious with Alpha Phi coming in second and Hypnotic Control in third. Each group brought their A-game, incorporating moves from the styles of step dancing as well as strolling.

Before the teams took the stage, the judges stated they were looking for feeling and sync in each routine, and each team exemplified that in their own way. The Ferguson Center was swarming with talent on Saturday night. The crowd cheered in support as each team danced on and off the stage.

The brothers of Alpha Phi Alpha Fraternity, Inc. put

together an amazing show despite their small number of dancers. The crowd roared as three of the six brothers took the stage to perform the stroll dance they had been working on tirelessly for months. They brought the energy and the crowd ate it up. Throughout the entire show, the room was filled with a bright and uplifting energy that was a great release from the hard work and stress of midterms.

They continuously portrayed the importance of voting, the reason behind the event, and of having a voice for our generation. Alpha Phi Alpha Fraternity, Inc.'s Stroll to the Polls reminded everyone that we should all take advantage of our right to vote because "a voteless people is a hopeless people."■



Gamma Phi Beta is the winner of Stroll to the Polls using songs like Montana feat. Rick Ross, Drake and Lil' Wayne. PHOTOS BY NICOLE C



The Beautiful Kids group start off Stroll to the Polls by strolling to "Chun-Li" by Nicki Minaj.



Phi Mu has a high energy performance using the songs "APESHIT" by the Carters and "Sicko Mode" by Travis Scott feat. Drake.

Delta Dead



Gamma combines “Plain Jane” by A\$AP Ferg, “Icon” by Jaiden Smith and “Pop That” by French Montana. **CUMMINGS /THE CAPTAIN’S LOG**

If you missed this event, stroll over to The Captain’s Log Facebook page and check out all the performances of CNU organizations



Alpha Delta Phi dances to “Boss” by Fifth Harmony, “Say My Name” by Destiny’s Child and “HUMBLE” by Kendrick Lamar.



Gamma combines “MotorSport” by Migos, Nicki Minaj, Cardi B. and “King’s” by Jay Rock feat. Kendrick Lamar, Future and James Blake.



Alpha Phi earns second place by mixing more modern popular songs like “Bonfire” by Childish Gambino and old classics like “Party Up” by DMX.

Womens soccer adds to win streak

Christopher Newport’s womens soccer team has continued their trend as being one of the most dominant programs in the Capital Athletic Conference.



(Above) Sophomore standout Riley Cook looks to drive past the Salisbury Defender. Late in the game, Cook scored her seventh game winner of the year to close out the win. Cook is currently having one of the most historic seasons in the programs history. PHOTO COURTESY OF RILEY COOK.

BY PHOENIX HINES
PHOENIX.HINES.17@CNU.EDU

The Christopher Newport University womens soccer team has been on a roll since entering Capital Athletic Conference (CAC) play.

The Captains are currently 13-1 and have outscored their last four opponents 18-1.

This past week the Captains hosted Salisbury University and won their game against the seagulls 2-0.

The game started off quick as Maddie Cochran fired her third goal of the season into the back of the net off of an assist from Gabby Gillis and Abby Hargigan.

The rest of the first period was a defensive battle as neither team could get onto the scoreboard.

The Captains had a few chances as they put up 10 shots in the period, but the seagulls keeper was a brick wall and had five saves, including a couple of one on ones.

In the second period, neither team was finding their shooting rhythm. Both teams were putting up shots but could not connect.

After the seagulls almost scored, the captains took advantage of the dodged bullet as Riley Cook received a pass from

Maxine Borris in the 74th minute and struck the ball into the back of the net, posting her 13th goal of the year. This gave the captains a 2-0 lead and ultimately the win.

Their next game was an away game against the University Of Mary Washington eagles.

The Captains crushed the eagles 7-1. They were led by Cook’s second hat trick of the year while Carson Pokorny also had a solid day with one goal and one assist.

The game was basically over by the end of the first period due to the Captains seven first half goals.

The eagles posted a goal in the 24th minute to make it a 3-1 game and gain a little bit of an advantage, but the Captains immediately responded and ended any chance of a comeback for the eagles.

The captains dominate record is lead by Cook’s outstanding play. Cook has been named CAC Offensive Player of The Week four times this season, including three in a row during these last three weeks.

She currently has a league-leading 16 goals and six assists which is good for a league-best 38 points.

Gillis is also adding to her decorated career during her senior season as she has 13 goals and five assist which

Rankings	CAC	Overall
1. Chris. Newport	6-0	13-1
2. Mary Wash.	5-1	9-3-1
3. York (PA.)	3-3	7-9
4. Salisbury	3-3	6-8-1
5. St. Mary’s (Md.)	2-3-1	7-9-1
6. Frostburg St.	2-3-1	4-10-1
7. Penn St. (Har.)	2-4	8-9-1
8. Southern Va.	0-6	4-11

is good for 31 points, which is the second most points in the league behind Cook.

The Captains are one game away from the CAC playoffs.

They have won the conference the past two years while advancing to the NCAA Tournament. Despite whatever the outcome of their next game is, they will end up hosting Southern Virginia University in the first round of playoffs.

The captains return to action this Wednesday, October 24th against St. Mary’s College (MD.). The captains have won their last five meeting against the seahawks with their last loss dating back to 2013. ■

CNU Football improves to 4-2

The Captains had a strong outing against William Patterson University and defeated the Pioneers by 29 points in their 39-10 win.

BY PHOENIX HINES

PHOENIX.HINES.17@CNU.EDU

After a tough loss at home against the Salisbury University Seagulls during Alumni Weekend, The Christopher Newport University football team regrouped during their bye-week before they traveled to Wayne, NJ where they would go on to dominate William Patterson University 39-10.

Early in the second quarter, star quarterback Jack Anderson suffered a knee injury after which sophomore quarterback Brock Carnes had to step in and became the surprise of the afternoon.

Carnes brought his game and completed 9-13 passes for 49 yards while also rushing for 46 yards and scoring two touchdowns, ultimately leading the offense to a high scoring day.

Some of the other offensive standouts were Nehemiah Harris, C.J. Donaldson, and Kyree Burton.

Harris led all rushers with 56 yards off of 11 carries while Donaldson was right behind him with 50 yards and a touchdown.

The offense rushed for a season-high of 209 yards on that day.

Burton continued his solid season while reeling in a season-high of nine catches on the day for a total of 58 yards.

Anderson also registered 93 yards and a passing touchdown while completing

11-19 passes before being sidelined due to his injury.

On the defensive side of the ball the star of the game was sophomore defensive back D.J. Wright. Putting up one of the best games of his career, Wright picked off two passes while breaking up two more passes and registering three tackles. The defense also had two interceptions which led to touchdown drives for the Captains.

The Captains' defense was also led by B.J. Hill and Sean Wilkinson. Hill had a pick six in the third quarter and registered two tackles. Wilkinson had three tackles and a sack for the Captains during their dominant showing.

The first quarter of this game was a defensive battle. Both teams' offenses were struggling to score resulting in a lot of back and forth drives resulting in no points scored. Towards the end of the quarter the pioneers were able to break the scoreboard first as they hit a field goal to take a 3-0 lead over the Captains.

Early in the second quarter, the Captains were finally able to respond. They drove down the field and capped off their 8-play, 40 yard drive with a 17-yard touchdown catch by Joshua Davis. This was Davis's fourth touchdown catch of the year, tying Garrison Mayo for the highest on the team.

Later in the second quarter, Hill registered his pick six as he picked off the pioneers quarterback, giving the Cap-

tains an early 15-3 lead.

Two drives later, the Captains chewed the clock off and converted on a field goal with 17 seconds left in the half, giving them an 18-3 lead heading into halftime.

Thanks to a few penalties early in the third quarter, the pioneers were able to drive down the field and score a touchdown to cut the Captains lead down to 18-10 with 11 minutes left in the third quarter.

The rest of the third quarter was filled with defensive stands as both defenses were not backing down to each other. This resulted in a low scoring quarter before heading into the fourth.

The game was very close heading into the fourth quarter and could have gone either way but the captains took control of the game and started to drive the ball down the pioneers' defense.

At the start of the fourth quarter, the Captains finally got their offense going.

They drove down the field in 10 plays for 74 yards before the drive ended on two-yard rushing touchdown by Carnes. This was the first touchdown of the young quarterbacks career first of his career.

On the ensuing kickoff, the pioneers return man Jerry Ward fumbled the ball inside his own teams' territory

which gave the captains the ball at the opposing teams 12-yard line.

Just a few plays later Carnes ran in for his second touchdown of the day on a seven-yard quarterback sneak. This gave the captains' a 32-10 lead early in the fourth quarter.

After a solid defensive stand by the captains on the pioneers' next offensive drive, they received the ball back.

The Captains were able to wind the clock down to five minutes as they drove down the field in 11 plays, gaining 64 yards.

The drive ended when Donaldson scored on a nine-yard touchdown run up the middle of the defense, giving the captains a 39-10 lead.

The rest of the game was filled with defensive stops by both teams while the captains got to play some of the backups.

The pioneers had a few chances to score and close the scoring gap but the Captains' defense stayed composed and made some key stops.

The Captains will return to action on Oct. 27 as they host Kean State University in a key conference game.

Kean State is currently 1-6 and during these teams last match up, the Captains lost to them 27-7.

The Captains will be looking for revenge from last years upset.

The game will be at 1:00 P.M. at POMOCO Stadium. ■

Opinion: The NBA league has been ruined

The NBA used to be an awesome league to watch but competition is at an all time low and fans are losing interest.

BY ANDREW CLARK

ANDREW.CLARK.17@CNU.EDU

The weather is getting cold and the leaves are starting to change colors. For most people this just means that fall is in full swing, but for basketball fans this can only mean one thing, The National Basketball Association (NBA) is back.

The NBA always starts up in mid-October and is usually one of the most entertaining leagues to watch when it comes to professional sports leagues. Every year is consistently entertaining because the league pulls in new talent from college and even from overseas which makes the competition a whole lot more interesting.

Unfortunately, the majority of basketball fans are caught in a dilemma with the NBA right now. Over the past four years the league has been dominated by two teams. The Golden State Warriors and their core group of not one, not two, not three, not four, but five NBA All-Stars in Kevin Durant, Steph Curry, Draymond Green, Klay Thompson and the newest addition Demarcus Cousins.

The other team has been the Cleveland

Cavaliers who might as well be called "Lebron's Team" because of how much he has carried the team over the past couple of years.

In 2015, the matchup was even because the Warriors didn't have Durant at the time. The finals series went to the Warriors, winning 4-2 and winning their first NBA Championship in over three decades. This gave NBA fans hope because the two teams were a great matchup.

The next year, Lebron and Kyrie Irving shocked the entire world by making the Cavaliers the first team ever in finals history to come back from a 3-1 deficit in the finals and eventually winning.

This finals win was even more impressive because it was against the Warriors team who went 73-9.

NBA fans were loving every second of this matchup between these teams

Then on the day of July 4th, 2016, Kevin Durant from the Oklahoma City Thunder announced that he was joining the Golden State Warriors.

The Warriors add the second best player in the league to their team after having one

of the best seasons in NBA history. This obviously didn't make NBA fans happy but NBA Players were not happy with this either.

This team was already so dominant and now they have another generational talent on their team. This was the event that truly ruined the league because now it made it so easy for the Warriors to dominate all of their opponents and have almost no competition.

The next year, the Warriors ran through the league en route to a 4-1 spanking against Lebron and the Cavaliers in the finals.

In 2017 the league got even worse because Kyrie Irving announced he wanted to get traded to another team in the Eastern Conference. The Cavs were the only team in the league that could even remotely hang with the Warriors, but once Irvin left, the league was in complete shambles.

The season went by so quick because everyone knew that the finals matchup was going to be the Cavs and Warriors for the fourth straight year. The only

excitement throughout the whole year was Lebron's unbelievable run during the Eastern Conference Playoffs as he carried a team with little to no talent all the way to the finals. The finals were just as advertised though, boring and expected.

This past offseason was a wild one though. Lebron signed with the Los Angeles Lakers and that gave the NBA and all of their fans a little bit of hope because he was with a new and improved team that could potentially challenge the Warriors.

But then out of nowhere, NBA All-star Demarcus Cousins announces that he will be signing with the one and only, Golden State Warriors.

This was a dagger to all sports fans throughout America because we are all going to have sit around and watch another absolutely dominating season by the Warriors.

The NBA is basically ruined because of Durant and Cousins decisions to ring chase with the Warriors.

Hopefully, the NBA will go back to normal, but at this point all we can do is sit and watch a team kill every NBA fans hopes and dreams of a fair league. ■

Emerging from tragedy

"The Laramie Project" gives rural America a spotlight in the LGBTQ conversation.



© M Diana

Directed by Jennifer Thomas, the Peninsula Community Theater's "The Laramie Project" featured actors William Belvin, Brian Cebrian, Carly Murray, Carla Mutton, Connor Norton, Missy Sullivan, Steven Suskin and Ashley Zadel. **PHOTOS COURTESY OF MIKE DIANA**

BY ABBY SAETHER
 ABBY.SAETHER.17@CNU.EDU

A small town in Wyoming, relatively unknown to the average person, became the center of attention after a horrific crime shook it to its core. "The Laramie Project" focused solely on this tragedy and was first performed in 2000 in Denver, Colo. by the Denver Center Theatre Company. It depicted one of the most original and intense portrayals of the hate crime committed in 1998 in Laramie, Wy. against Matthew Shepard, a gay University of Wyoming student. This singular event was extremely impactful in American history and still resonates today.

Newport News's very own Peninsula Community Theater (PCT) put on this production right down the road from our campus. This was the first kind of performance I have ever seen done in this fashion.

It was nothing short of amazing.

For instance, the set had a minimalist design and did not go through any sort of scene changes (besides moving a few chairs around). The cast, composed of four men and four women, managed to keep their audience engaged almost entirely just based on the dialogue in a documentary style plot. This was quite the feat considering that the eight actors had to play the roles of more than thirty-two characters.

The play followed the tragic events of a murder committed in 1998 (in what was later identified as a hate crime against homosexuals). The Tectonic Theater Project (TTP) noticed the impact of this event and went to Laramie to hear the story first hand. Their organization captured the aftermath of how this brutal crime affected

the little Wyoming town. Earlier, it was mentioned how the cast had more than thirty two characters to portray. This is because the play follows a story line comprised of interviews with people of all walks of life from Laramie and practically every voice was represented

within this performance, creating a diverse collection of perspectives.

The pressure of portraying these events accurately was obvious, but the way in which the play was written was dynamic and unique. Its unconventional method of storytelling brought more to the stage than the

standard structure of playwriting.

In the small community theater, this cast was capable of conveying the gravity of the situation along with the importance of the overall message. They made the audience feel personally involved and almost responsible for what is happening onstage. With the diversity of characters, anyone could find a character to relate to, making it all the more personal.

In an especially striking scene, the entire cast mimicked the media, pointing microphones directly at the audience as if to say "what would you have done?" You can only imagine how deeply moving and impactful this was.

I found that the performance leaves the audience reflecting on everything they witnessed and undoubtedly thinking about how this is all still relevant today. Although the play did not directly state it, the play is a call to action- a call for change.

In today's world, the LGBTQ community is more vocal than ever before and has come a long way influencing policy and human rights within the government. It is astonishing to think that just twenty years ago such a violent murder had been committed in a town that thought nothing so evil could ever occur in. It was heartwarming watching the residents of Laramie and members of the TTP grow in understanding and acceptance. More than anything, this tragedy brought people together and reminded them of the importance to love everyone regardless of sexual orientation.

The performers created strong emotional responses from their audience in a genuine and honest way. "The Laramie Project" forces audience members to reflect on the world around us and to work to make it better by learning to understand and accept everyone. ■



© M Diana

Switch it up: Gaming recs for the holidays

With the Nintendo Switch's great variety of games, some of them must come out on top.

With the holiday season just around the corner, it's important for the average gamer to know exactly what video games are worth buying. Even to everyone out there who can't afford the Nintendo Switch (which is mostly all of us broke college kids), I'll safely assume we all want it anyway. Hopefully this desire is satisfied through the incomes of our parents. These five games are great products for the Nintendo Switch and should be added to everyone's library.

BY ELIJAH BASU
ELIJAH.BASU.18@CNU.EDU

Minecraft

This choice might strike you as odd, as Minecraft is not exclusive to the Switch. Not to mention its massive popularity likely means that most readers have plenty of hours of experience with Minecraft. It's a game that's been played to death. However, there are some pretty distinguishable features that sets the Switch version aside from the other versions. Simply put, the Switch's portability makes Minecraft a more convenient and mobile experience. With this remarkable feature, anyone can play the game at their own convenience. While Minecraft is also on most smartphones and the 3DS, the experience is limited as the visuals are lacking and some elements are taken out to accommodate the limitations of each system. With console quality hardware, the Switch version of Minecraft is equal in terms of quality to the other console versions of the game while having the benefit of portability. So, even if some people feel they experienced enough of this game, playing Minecraft on the Switch gives them a convenient avenue to play it again and possibly find new things in it to enjoy.

5.

Mario Kart 8 Deluxe

Chaotic, dynamic and fun all define the Mario Kart series and Mario Kart 8 continues the legacy of those that came before it. This edition of Mario Kart further refines the gameplay, introducing a wide variety of tracks, characters, and modes that will keep each play session fresh. Not to mention, the random and frustrating (yet balanced) items keep each race so engaging. Mario Kart 8 is simply a good time for all due to its fun gameplay and chaotic races. The utter chaos makes each race unpredictable and fun. It produces some of the greatest moments of triumph and destruction. It's easy to pick up and play for any occasion, and will produce many fond memories of hatred towards the other players. Mario Kart does require friends in order to get the most out of it, so it might not be desirable to everyone, especially people like me due to their complete lack of social skills. Because of this, Mario Kart 8 Deluxe falls at the tail end of the list. It's worth noting, however, that I'm not bitter in the slightest.

4.

Kirby Star Allies

Like Mario Kart 8 Deluxe, Kirby Star Allies is a great time with friends, in this instance because of its emphasis of cooperation. Unlike Mario Kart 8 Deluxe, complete loners can also get the most out of Kirby Star Allies, so they fully enjoy the game and fill the empty hole in their hearts by pretending the AI controlled characters are their friends. This game is very similar to the other games in the Kirby franchise because it emphasizes quality in just about every aspect of the gameplay and aesthetics. It adds an emphasis on using AI or human controlled companions to solve puzzles and help defeat the fun bosses. The game is simple wholesome fun throughout with few issues that are easy to overlook. Some might find it too easy (in fact the series is well known for its lack of challenge) so Kirby Star Allies simply isn't for those who seek difficulty. But for those like me who are utterly failing at life, as life is the hardest challenge in existence, it's nice to have something that's feasible to overcome. Not to mention, anyone will have fun while playing it, and that's all that matters.

3.

The Legend of Zelda: Breath of the Wild

This is the game that most people generally associate with the Nintendo Switch and it's the game that Nintendo banked on succeeding at the Switch's launch that helped Nintendo get out of the rut it was stuck in during the WiiU era. Breath of the Wild truly is a fantastic game as it allows for a greater level of freedom than almost any other video game on the market. There's something to be said about this game's level of freedom when the player can potentially make it to the final boss right after the starting area and regret it, die immediately. While some may find some pet peeves in the game, mainly how every weapon found seems to be made of glass due to how often they break, the positive far outweigh the minor misgivances. There's a variety of locations to explore, shrines to solve puzzles in, and ways to die, especially if one isn't good at video games, like me. Not to mention, Breath of the Wild does have an interesting story and characters that aren't forced onto the players who prefer gameplay over story, so it satisfies most gamers. It's clear to see that Breath of the Wild certainly lives up to its prestigious reputation, and is a must have for any Nintendo fan.

2.

Super Mario Odyssey

Super Mario Odyssey holds the number one spot because it is the embodiment of fun. Just as renowned as Breath of the Wild, the game offers so much freedom in what objectives the player wants to complete, and there's a wide variety of ways to get Moons, the game's main collectable. In Odyssey, players get to explore vast, beautiful and creative levels in order to find the plethora of moons sprinkled all over the place. Mario has a wide array of movement options that players most certainly won't pull off in real life, as they are probabnot parkour champs. Luckily run-jumping as they will mostly suffice. Mario can also control enemies with his hat, completely ignoring the implications of controlling another living being's very soul and adding a variety to the gameplay. Each poor slave of Mario has their own unique feel and uses, creating many interesting puzzles and challenges. All these elements combined with the game's charm create a truly amazing experience, with lots of fun from start to finish. Truly, Super Mario Odyssey, along with all the other games I mentioned, are fantastic to help escape the realities of college and being an adult who needs a job at some point. ■

1.

A classic reborn

"A Star is Born" is not your average movie remake.

BY JUSTINE WALTON
JUSTINE.WALTON.18@CNU.EDU

It's the movie everyone is talking about, so here goes: "A Star is Born" follows the life of a rockstar, Jackson Maine, both on and off stage as his world collides with a struggling musician, Ally, who has given up faith in herself. Jack shows off Ally's talents to the world by bringing her into his realm of fame. The movie follows Ally's success as a new, popular artist in the music industry and the downward spiral of Jack's career as his alcoholism and depression consume him. "A Star is Born" is also a tragically stunning love story between these two stars. Their overlap of stardom happens in a whirlwind of love and passion, and ultimately one star dims and fades while the other one flourishes with brilliance.

Ally is played by the uber-talented Lady Gaga, while Bradley Cooper plays her counterpart, Jack. The on-screen chemistry is so intense that audiences have no choice but to fall in love with and root for these two. While Gaga has

had a very successful singing career, this is her first time truly showcasing her skills as an actress in a major role. Her acting seemed effortless and real. She does an incredible job singing - but that's to be expected. Her acting will leave you stunned. As a testament to her performance, Gaga received an eight minute standing ovation after the film premiered at the 75th Venice International Film Festival on Aug. 31. Hopefully this film will not be her first and last big presence in the film industry because she would be robbing us all of her awe-inspiring talents.

Cooper also did a fantastic acting job - but there is no shock there. However, what blew me away was the powerful voice that came out when he opened his mouth to sing. Taking extensive music and voice lessons to sing and play the guitar, Cooper lowered his normal voice a whole octave during month of vocal training in preparation to embody Jack's character on screen. Not only does Cooper star in the film, he also made his directorial debut. Just as Gaga displayed new talents, Cooper's talent

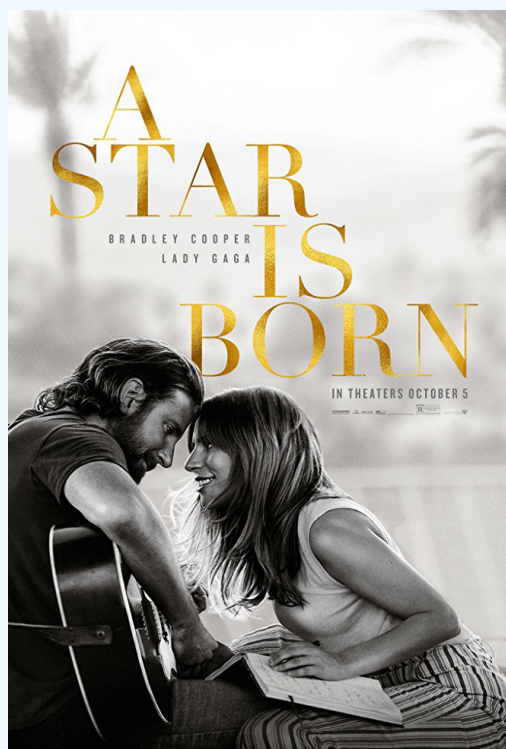


PHOTO COURTESY OF IMDB

as a director will hopefully be seen again on the big screen in the future. He knows how to tell a story in front of the camera, and how to cultivate that storytelling from behind. Even if he never directs again, this film is a great testament to his talents as a story-

teller from all angles.

The superb acting is only one aspect of this film that makes it so phenomenal. The music and filming are also excellent, with a soundtrack has a little bit of everything in it. Songs written by both Gaga and Cooper evolve with their respective characters throughout the film. The soundtrack is so solid it could stand alone as its own singular creation, yet it is an integral part to the film. When shooting the scenes of Jack and Ally onstage, Cooper and Gaga were truly performing every song - singing, playing, etc. This gives a more powerful sense of realism in the film and is proof of the raw musical talent on both ends. The film-

ing in these scenes is also very personal to Jack and Ally. Watching the film, you are planted onstage right along with the two of them and just as caught up in the bright lights, backdrops of cheering fans, and the fast-pace and intensity felt in per-

forming. Stunning shots continue to embody the elements of genuine beauty in cinematography and plot.

This is the third remake of the 1937 original 'A Star is Born.' Since then, there has been a 1954, 1976, and now 2018 version of the story. Each one follows a slightly different plot, but they remain the same in their depiction of stardom. This shows how timeless such a story is. It's timeless because it deals with very real and difficult topics on screen. This new adaptation does a great job at depicting these human struggles. It highlights the flaws in a world that begs for the material, the surface-level, the superficial; humanity has to fight against these things for the real, the bare, the truth, for depth, and for authenticity. If you haven't seen this movie yet, don't wait for it to come out on Netflix or to pick it up from RedBox. This film begs to be seen on the big screen. Go to the theaters instead of staying in the comfort of your own home and spend a few extra bucks because it's worth it. It truly is a film that needs to be seen on a big screen that exemplifies its wide scope and can produce the sounds musically in the way it was intended. And then after seeing it in theaters, join the conversation. Because even if the film leaves you speechless the messages portrayed in the movie not only deserve their recognition, but demand to be talked about. ■

Meet the 2018 Homecoming Candidates

Get to know the members of Homecoming court this year and learn what organizations they represent.



Hunter Bonton

How do you feel to be nominated?

It is honestly unreal. To represent SigEp is what makes this so special because my brothers in my fraternity are my favorite thing about college. I can't even articulate how much it means.

What's a quote that has meaning to you?

"I live to love and laugh a lot and that's all I need." - Kenny Chesney



Phillip Patterson

How do you feel to be nominated?

I feel very grateful and honored that my organization was willing to choose me to represent our organization in this way.

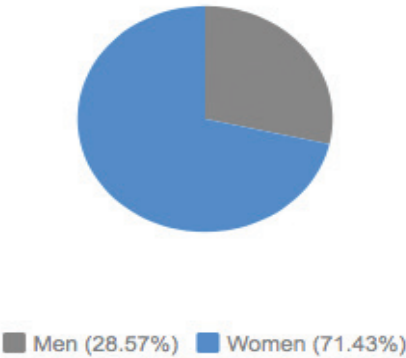
What's a quote that has meaning to you?

"Live your best life."

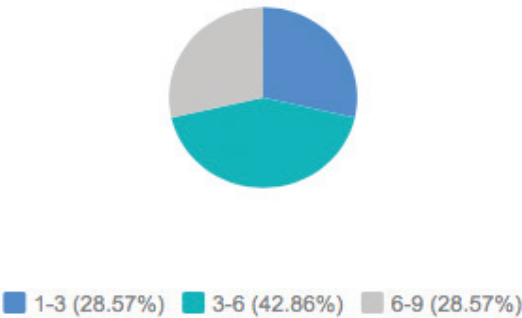
Candidates by the Numbers

The Homecoming Court has a lot in common this year. Check out how they compare to one another below.

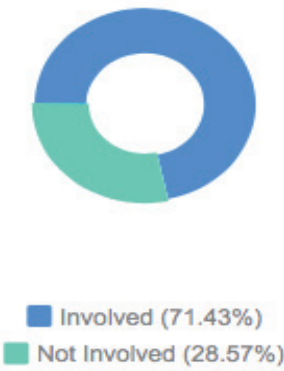
Men vs. Women



Number of On and Off Campus Involvements



Greek Life



Gabriela Olivera



How do you feel to be nominated?

I'm really happy and excited about being nominated because it shows that CNU supports who I am as a Captain.

What's a quote that has meaning to you?

"Shit happens, mija... and it's okay. You'll do better tomorrow."
- my mom, Daysi Oliver

Samantha Muhler



How do you feel to be nominated?

Humbled and honored to be able to represent my organization and school.

What's a quote that has meaning to you?

"I will hold myself to a standard of grace, not perfection."

Hannah Hill



**phi
mu.**

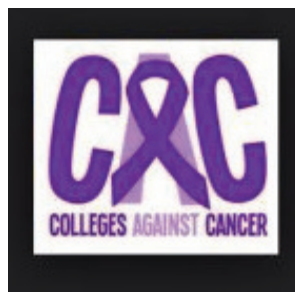
How do you feel to be nominated?

I feel super honored and really excited to represent Phi Mu!

What's a quote that has meaning to you?

"For I know the plans I have for you, declares the Lord."
Jeremiah 29:11

Shannon McWilliams



How do you feel to be nominated?

I am so thankful for the opportunity to be able to represent this organization that has helped make an impact in the community, on campus, and on my time here at CNU.

What's a quote that has meaning to you?

"Pray, hope, don't worry" - it helped get my family through hard times.

Gabby Taube



How do you feel to be nominated?

I feel incredibly honored and appreciative.

What's a quote that has meaning to you?

"Happiness is a habit - cultivate it."



JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Morgan Barclay at clog@cnu.edu or morgan.barclay.15@cnu.edu, at any time.

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