



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

VOLUME 49, ISSUE 11 December 6, 2017

Capturing the Holidays



Students gathered on the Great Lawn during Holiday Happening for the Lighting of the Lawn and a chance to see Santa and Mrs. Claus. **MELANIE OCCHIUZZO/THE CAPTAIN'S LOG**

Holiday Happening is a tradition on CNU's campus, giving the chance for all to come together right before the holidays.

BY MELANIE OCCHIUZZO

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Santa Claus came to town during CNU's 26th annual Holiday Happening this past Sunday Dec. 3.

The annual department-wide program gives the entire music department the ability to come together for one giant concert. Dr. Mark Reimer, a professor of Music, has been hosting this event for the 26 years he has been at CNU.

He describes Holiday Happening as "a wonderful unifying event for the campus and the community."

The event kicked off as a choral concert in the Diamonstein Concert Hall.

This year Reimer elected to bring CNU back to its historic roots. He says that CNU is located in the cradle of a rich history and wanted to bring some of that history to the stage that evening, referring to Historic Williamsburg which lays just miles down the road from CNU.

The concert began with the Fifes and Drums of Yorktown,

which is a small group of youth from the Hampton Roads area.

The youth came dressed in traditional colonial garb and played several Christmas carol tunes as well as more traditional tunes you may have heard during colonial times.

"Every year I try to do something new," Reimer says. After they played, the Marching Captains set the tone for the remainder of the concert.

With great enthusiasm they played loud enough for even Santa to hear from the North Pole (or the Great Lawn).

Reimer says that this event gives the department a chance to highlight all of the ensembles that the music department has to offer.

Tickets were made available to faculty and students before they were opened to the public and the event was sold out as usual.

"It's a very popular event with the community," Reimer says. There were a total of 1700 tickets sold at five dollars a piece.

All of the money from this event goes to the Friends of Music program scholarships.

**HOLIDAY HAPPENING
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Check out what's moving in across the street on CNU's East Campus in the coming months.

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CNU Tonight held their second show of the semester, check out pages 8 & 9 for coverage.

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Gabby Gillis was awarded the First All-American in CNU's Women's Soccer Program History.

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Must-see holiday movies are listed along with a list of obscure holiday songs to listen to.

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A review of Psi Upsilon's second Garnet Ball shows it was a success with a larger crowd.



Weekly pic

Take some time this holiday season to check out the Christmas lights that are sure to scatter the lawns of Newport News homeowners. **Nicole Cummings/The Captain’s Log**



CNU TV
Check out the sights of the 26th annual Holiday Happening on campus this past Sunday.

Happened

Dec. 3
Holiday Happening
CNU’s Music Department hosted their 26th annual Holiday Happening at 3 p.m. They started in Diamonstein Concert Hall and ended on the Great Lawn for the lighting of the tree.

Dec. 4
SPCA Club Tinsel and Tails
From 2 to 4 p.m. CNU’s SPCA Club partnered with the Center for Academic Success for a festive afternoon of candy canes, dogs and holiday cheer on the Great Lawn.

Happening

Dec. 8
CAB Presents...The Polar Express
Come on out to a holiday classic on Friday, Dec. 8 at 9 p.m. in Gaines Theater. CAB will be serving hot chocolate for their final movie showing of the semester.

Dec. 17
Winter Break 2017
Enjoy a break between semesters, Captains. The winter break will take place from Dec. 17 2017 to Jan. 7 2018. Have a safe and fun time!

Corrections from Issue 10: In last week’s issue in Snapshot, University Sounds was credited with hosting Glow in the Darcappella. All six of CNU’s a cappella groups collaborated to create Glow. It was incorrectly identified as a competition when it was a performance.

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

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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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From the Front Page

CONTINUED FROM PAGE 1

Reimer and Professor emeritus George Hillow served as emcees for the program with Reimer opening and Hillow following up after the first set.

Hillow positioned himself in an overstuffed armchair to speak before each song.

Reimer wanted to give the concert a more homey feel and says that by having Hillow sitting in a chair by the fire it helped show the mood of the concert.

"I wanted to give a sense as if you are going to grandpa's house," Reimer says.

Reimer explained that there was something there for everyone.

In addition to the Christmas-themed music, there were several more traditional pieces sung at the concert.

Hillow spent time between songs explaining the context of the more traditional pieces.

Reimer wanted the concert to still have some education aspects of it, he felt that it was important that the more traditional pieces got the academic background they deserved.

"I want a little bit of learning in this concert," he says.

The work that goes into this event is no small feat Reimer explained.

He treats the Family Week-

end showcase as a dress rehearsal for Holiday Happening.

"I start planning this event in June. I plan the theme, the music and the costumes."

Reimer wanted to give the various directors enough time to pick and collect music that would match the theme.

Not only the music department gets involved with orchestrating the event though.

The Office of University Advancement is also heavily involved in Holiday Happening.

Keith Roots, Assistant Vice President of University Advancement, was able to give information on the four sponsors of Holiday Happening.

The executive sponsor of the event, Old Point National Bank, was given a chance to speak at the beginning of the concert.

Joseph R. Witt, Senior Executive Vice President of Old Point National Bank gave a brief address at the beginning of the concert.

They have been a presenting sponsor for the past six years as part of their agreement at the beginning of CNU's comprehensive campaign according to Roots.

Other sponsors of the event were Weymouth Funeral Home, The O'Connell, Fen-



The annual lighting of the lawn was accompanied by fireworks and a presentation by the Marching Captains. This followed the concert in Diamonstein Concert Hall. **MELANIE OCCHIUZZO/THE CAPTAIN'S LOG**

drick and Johnson Group and Dayton Wiese.

Veronica Weymouth, a member of the class of 1987 as well as Mark Fendrick, a member of the class of 1985 have both been long time supporters of the university.

Weise is a State Farm agent from the class of 2003.

"It's such a special event," Roots says.

The amount of work that goes into an event like this is massive he says.

After the concert concluded with a chorus of Auld Lang Syne which included the entire Chamber Choir, Men's Chorus, Women's Chorus, University Orchestra and Wind Ensemble, the Marching Captains led the audience out onto the Great Lawn for another round of Christmas songs before the lighting of the tree.

The Lifelong Learning Association on campus was given a chance to participate by dressing up in various Christmas-themed costumes and parading across stage at the end of the concert.

This was another way other campus communities could get involved in the concert.

Reimer wanted to give the end of the concert a more personal wrap-up by stealing the

ending of "It's A Wonderful Life" he says.

Singing Auld Lang Syne was a way to bring the audience together with the entire department.

The Great Lawn was decorated as a miniature Christmas Town that evening.

Before the tree was lit, students and families were able

Another interesting tidbit from the evening was the addition of a giant 9-foot menorah on the Great Lawn.

While students were able to visit with Santa and Mrs. Claus, pick up candy and decorate ornaments, Jewish students were able to visit the booth the Hillel club had.

This isn't the first time CNU Hillel has participated in Holiday Happening but it is the first time they displayed a menorah Gabriella Marcellus, Co-President of CNU's Hillel Club, says.

"Hanukkah is about standing up for what's right, religious freedom and being a light upon the nations. One of the most important aspects of Hanukkah is public observance. CNU Jews were able to do the ultimate mitzvah (good deed or commandment) by proudly displaying their menorah," Marcellus says.

The first 100 participants received Hanukkah goodie bags.

Holiday Happening strives to be an all-inclusive event says Reimer and that was evident by the performances and the festivities on the Great Lawn.

This event was just another way for the community to come together with the campus.

"It's such a firm tradition now that people expect it," he says.

The lighting of the tree on the lawn is the kick-off of the holidays on CNU's campus.

This tradition will likely continue for years to come. ■

"Hanukkah is about standing up what's right, religious freedom and being a light upon nations."

*– Gabriella Marcellus
Co-President of CNU Hillel*

to mill around the lit area and visit Santa's candy shop and several vendors including Pelican's Snoballs.

As the band progressed out onto the lawn, the rest of the crowd from the concert joined the existing group.

The Marching Captains played several Christmas songs and after a brief message from President Tribble the tree was lit and fireworks were shot into the air.



(Left to right) Dr. Quentin Kidd, Katelyn Hoisington (Co-President), Carly Schwam (PR Chair), and Gabriella Marcellus (Co-President).

PHOTO COURTESY OF CNU OCPR

The Diversity Czars of Virginia

Well over two million dollars are spent a year by the state of Virginia to hire diversity specialists.

BY BRETT CLARK
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In an age of rising tuition costs, one can become skeptical of the priorities of his or her school’s administration. Hundreds of thousands of dollars per most large state schools are doled out to employees whose job it is to attract minority students to campuses as to decrease the amount of the majority population. Specifically at some of the larger public schools, offices and councils devoted to slogans like diversity require shocking amounts of the state and students’ money. These “diversity czars” are employed by universi-

ties, often along with a couple of paid assistants and office staffers. These positions have Orwellian names like “Chief Diversity Officer” and “Vice President—Compliance, Diversity, Ethics.” Thanks to public access of the income of state employees, we know that the average yearly income of the czars of Virginia’s eight largest public universities (with a type of diversity motivated office) is \$154,320. This number is nearly triple that of a typical professor’s salary. The average income shoots to \$168,063 when you exclude the smallest school researched and the only white person to hold one

of these positions in the schools investigated. Director of Citizen Leadership and Social Justice Education Jonathan Page makes a small sum of \$58,118 from his role at Longwood when stood next to Marcus L. Martin, M.D. of the University of Virginia (\$349,000 a year) and Kevin Allison, Ph.D. of Virginia Commonwealth University (\$221,825 a year). In the graphic, you’ll notice that both women and black people are disproportionately represented in the field. A white man applying for this job will most likely need a back-up plan. It is also a field shockingly void of asian staff when compared to asian

representation in faculty. These men and women in charge of increasing minority representation are paid well more than the average professor while sending a message that some students can find offensive. Certain categories and races are repeatedly left out of the definition of “diverse”. When the school pays an office hundreds of thousands of dollars to make sure there are less of a certain race, it might come off as slightly offensive and alarming. Diversity czars who speak out against the idea that some groups cannot be included as diverse are put on the chopping block. Apple’s Vice President

of Diversity and Inclusion, Denise Young Smith, is leaving the company due to pressure and backlash after she claimed “12 white blue-eyed blonde men in a room... are going to be diverse too because they’re going to bring a different life experience and life perspective to the conversation.” This was not accepted as legitimate and Smith, a woman of color, will be leaving the hostility despite her 20 years of experience with Apple. State Colleges and Universities are spending large sums of cash to ensure that there are less people who are deemed not diverse enough by the diversity czar community. ■

NAME	INSTITUTION	ROLE	SALARY (2016-17) in \$	HIRE DATE	RACE	GENDER
Kyle Warfield	George Mason University	Equal Opportunity Specialist	70,000	1/23/17	Black	M
Katusia Lundi	George Mason University	Equal Opportunity and Diversity Specialist	72,500	9/26/2016	Black	F
Julian Williams	George Mason University	Vice President- Compliance, Diversity, Ethics	170,000	6/15/2015	Black	M
Kevin Allison, Ph.D.	Virginia Commonwealth University	Interim Vice President for Inclusive Excellence, and Senior Assistant to the President	221,825	8/16/1996	Black	M
Janice Altman, Ph.D.	Virginia Commonwealth University	Coordinator for Cultural Competence and Education Director, Building Inclusive Communities (BIC)	73,000	8/16/1996	White	F
Mercedes Ramirez Fernández, Ph.D.	Virginia Polytechnic Institution (Virginia Tech)	Associate Vice Provost for Strategic Affairs & Diversity	135,000	7/1/2016	Latina	F
Marcy Schnitzer Ph.D.	Virginia Polytechnic Institution (Virginia Tech)	Assistant Provost for Diversity & Strategic Planning	92,000	10/1/2013	White	F
Michele Deramo Ph.D.	Virginia Polytechnic Institution (Virginia Tech)	Assistant Provost for Diversity Education	90,000	1/1/1995	White	F
Renee Dunman	Old Dominion University	Assistant Vice President for Equity & Diversity	119,181	10/1/1995	Black	F
Lanay (Shaquana) Newsom	Old Dominion University	Director of Equity & EO/AA	84,864	5/25/2012	Black	F
Marcus L. Martin, M.D.	University of Virginia	Vice President and Chief Officer for Diversity and Equity	349,000		Black	M
E. Valarie Ghant	James Madison University	Director of the Center for Multicultural Student Services	75,753	6/14/2006	Black	F
De'shay Turner	James Madison University	Associate Director of the Center for Multicultural Student Services	53,040	6/13/2011	Black	M
Fanchon (Wandalyn) Glover	College of William and Mary	Chief Diversity Officer	140,000	2/1/1996	Black	F
Shene Owens	College of William and Mary	Assistant Director of the Center for Student Diversity	53,500	10/17/2016	Black	F
Sharron Gatling	College of William and Mary	Assistant Director for the Office of Diversity and Inclusion	59,994	9/25/2009	Black	F
Dania Matos	College of William and Mary	Deputy Chief Diversity Officer	80,000	3/10/2017	Latina	F
Jonathan Page	Longwood University	Director of Citizen Leadership and Social Justice Education	58,118	8/10/2011	White	M

A list of those who hold jobs in the Diversity Offices of various colleges. Also listed are their job descriptions, salaries, race and genders. GRAPHIC BY BRETT CLARK

Removing the ‘Monuments’: History or Hate?

Dr. Gary Shapiro talk through what society should do with monuments to Confederate war heros and veterans.



Dr. Shaprio visits CNU from Richmond University. PHOTO COURTESY OF MATHEW HOMAN

BY LIBBY KEELY
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Recently, there has been increased debate over whether post-war monuments such as that of Robert E Lee in Charlottesville and Richmond, and other Confederate statues, should be removed. The final Philosophy Café of this semester featured Dr. Gary Shapiro of the University of Richmond and considered this dispute. One prominent question

regarding the statues is what to do with them since some people and groups are offended by their presence. There are many options to consider, but the difficulty resides in finding the option that preserves history while not promoting hatred. Some have suggested removing the statues to a battlefield park, contextualizing them, placing them in a museum, or even total destruction. Others believe the statues should stay as they are.

Dr. Shapiro discussed, “putting more truthful information on the monuments,” and brought up the point that individuals are, “involved in this simply as taxpayers.” He did not shy away from sharing his opinion that “the statues should not remain in their present form.” This is not an easy issue to tackle, but individuals must consider what these statues represent to them. Are they a form of “post war memory” or are symbol of past

transgressions? Should more efforts be made to include statues of Union and minority heroes while keeping the Confederate statues or should they be totally removed? America should not forget its past, and these monuments symbolize events that cannot be covered up, good or bad. Regardless, the consensus was that the country should move forward in unity, learning from the past, and not repeating mistakes that have been made. ■

A Taste of India Hits East Campus

What was once Schooners will now become Aago, a Nepalese, Indo-Chinese, Indian restaurant.

BY JOHN COWLEY
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NEWPORT NEWS - When CNU students return to campus in January, there will be a new restaurant occupying the space formerly occupied by Schooner's Grill, one with a decidedly international flair.

Aago Restaurant, currently located on Jefferson Avenue near City Center, will be moving to a new location here on CNU campus, as part of The Shoppes at CNU Village.

Aago's owners are natives of Nepal. The restaurant offers Nepalese, Indo-Chinese, as well as traditional Indian cuisine.

The unique menu is bolstered by an authentic tandoor, which is a clay oven filled with charcoal that can reach temperatures as high as 900 degrees Fahrenheit.

"We do all our bread in there, we do all our tandoori dishes in [the tandoor]," said Parth Punjabi, a manager at the restaurant.

Offerings are wide-ranging and eclectic. One of many specialties at Aago includes the Mixed Grill, which is "a big tandoori dish, with all the different meats", including "lamb, chicken, fish and shrimp," Punjabi said.

There's biryani, an elaborate rice dish from India.

There's also vindaloos, which are a choice of Aago's five meats, marinated in garlic and wine. These are just a small part of the extensive selection available.

The menu is an adventure, but the staff are eager to explain for anyone who may not be familiar with the traditional dish names.

So if you're intimidated by the menu, or unfamiliar with the terminology, what should you try first? Punjabi suggests



Aago's first location in this picture is situated on Jefferson Avenue. PHOTOS COURTESY OF AAGO

"creamier dishes...the chicken tikka masala is really popular, and tandoori dishes," are a favorite as well, he said.

Also, "Hyderabadi chicken is really popular...it's a Goan-style curry, so it has coconut milk in it, which is really good." Goan refers to a style of cuisine that originated in region of India near the Arabian Sea.

What separates Aago from the average restaurant? "I think it's the fact that we actually prep and make our own food. None of it is coming in bags. Pretty much everything is prepped and made [in the restaurant]," Punjabi said.

Everything is cooked to

order, and the kitchen staff can customize any dish to one's desired spice level, from mild to extra hot.

Overall, the staff at Aago is eager to share Indian and Nepalese cuisine with the CNU community. "It's unique," Punjabi said. "But the flavor is really good."

Aago Restaurant will be located next to Subway in The Shoppes at CNU Village, directly across the street from the Freeman Center. It will offer a full bar as well as a banquet room. The owners expect to have completed the move by early January, before students return from winter break. ■



This tandoor can reach temperatures as high as 900 degrees.

Commentary on National Monument

A note from the editor on recent conversations concerning the destruction of Civil War monuments.

BY BRETT CLARK
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As a strong defender of the protection of monuments of Civil War heroes, I understand that the topic is touchy.

I think back to my time spent exploring Manassas Battlefield throughout my childhood. I grew up amidst the tree and grass covered trenches dug by soldiers a couple of miles north of the battlefield.

I remember buying a butternut cap from the gift store on one of my visits and climbing atop the cannons that look out over Jackson and Little Sorrel's grand, imposing figure.

I remember choosing the gray kepi over the blue because I was Virginian and Virginians wore grey.

I still have my now too tight butternut cap and I can actually imagine right where it currently is sitting in my childhood room back home in Clifton.

What has changed that burning it on the pyre of ancestral shame seems to be the only accepted thing to do with a Confederate cap?

I doubt that today, in the current climate, many parents are letting their children buy that

same gray hat.

It amazes me how over the course of 12 years a child can now be seen as a racist for sporting the same hat that I had while galavanting across the battlefield?

What has changed over the last decade?

I remember reading the biography of Col. John Singleton Mosby as a small child.

The CNU students who grew up near and around Loudoun and Fauquier County, whether they know it or not, grew up in what was once referred to as Mosby's Virginia.

I went to Kindergarten at Truro Church in Fairfax City where Mosby famously captured a sleeping Union general miles behind the front lines.

Am I wrong for admiring this dashing Colonel, so commonly known as the "Grey Ghost"?

Is the anger over "dead white guys" having monuments made to them because they do not withstand the modern moral test?

Is this problem real or are people just angry because in 2015 Don Lemon started telling them to be outraged over the marble and copper figures?

Will the destruction of monuments improve the life a single

person?

I understand how the monuments make others feel, especially my fellow Captains who are black. However, I don't think that whenever people are offended by history that we must then hide it away.

"Confederates were racist"? Can you name a face on Mount Rushmore that you wouldn't say the same about?

Confederate Monuments don't glorify the scourge of human ownership any more than Mount Rushmore glorifies deporting ex-slaves after their freedom (Lincoln), owning slaves in the first place (Jefferson and Washington), or the idea that nine out of 10 Indians are better off dead (Roosevelt).

I feel that Confederate monuments are a pawn in an insatiable game where people must hate and shame others.

Will we also take down statues of Martin Luther King Jr. now that it was revealed that he was buying prostitutes to physically abuse and assault them? What about streets named after him-- should they change too?

It was never legal or moral to beat ladies of the night, not in 1860 nor 1960. What defense or justification has he?

If people are willing to tear



News Editor Brett Clark at Manassas National Battlefield. BRETT CLARK/THE CAPTAIN'S LOG

down monuments, I hope they are intellectually honest enough to petition for the

destruction of *all* figures who do not pass the current year's moral test. ■

Holiday Consumerism

Keeping the Christmas spirit alive in a season that seems to promote spending more money rather than time.

MELANIE OCCHIUZZO

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“Buy more” has become the tagline for the holidays it seems as each year progresses. Commercials start flooding television stations, radio stations and print ads as soon as the month of November dawns. Talking toys and eager children running to open gifts under the tree become common place as the holiday draws near. What does this mean for the holiday spirit though?

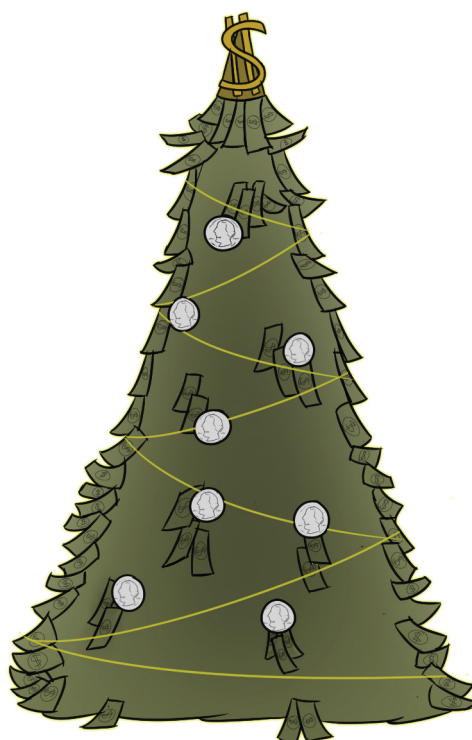
Christmas has turned from a season of giving to a season of buying. It has become popular to purchase gifts for yourself in the name of Christmas, to spend upwards of \$800 on gifts for loved ones. Stores hold longer hours and people become more irritable as the season progresses. As someone who has never worked in retail over the holidays but has close friends who do I am well aware of what the holidays can mean. Christmas is the worst time of year for retail workers. The constant Christmas tunes, the irritable customers, the screaming children and the longer store hours leave many workers dreading that special time of year. It almost seems counterintuitive that some have to spend even Christmas Day away from loved ones in order to cater to the consumers that need to keep buying gifts.

It isn’t all just about people buying things that makes the holidays less

than cheerful. Christmas is a stressful time of year. Seasonal Affective Disorder (SAD) becomes rampant during the winter months and people feel the need to over-compensate for shortcomings around the year.

Children of divorced parents see competition to show who loved them the most. Gifts with no real thought behind them are bought in the hopes that it would make up for lack of affection in the preceding months. The holidays are the perfect time of year to make up for any mistakes made in previous years.

This may sound hopeless but there



GRAPHIC BY COLE GALLAUDET

are some great things that come out of the Christmas time of year. You see that one person who pays for someone else in line that they may have never met, you see families forgoing gifts in favor of giving time and talents to causes beyond their households and people are more likely to help others during this time of year.

I, personally, attempt to give some of my time and talents around this season mainly

because the opportunities are more abundant. I purchase gifts that give back through companies like World Vision, I see students who spend hours collecting toys and writing

cards for children who may not get anything otherwise and the best part of the holidays are when you see people going out of their way to bring cheer to someone else.

Consumerism is a double-edged sword during this time of year. We are pressured as a society to buy as much as possible to show our loved ones that we care. We are told that no gift equals no love. This makes it hard for people who may not have enough money or resources around this time of year to feel adequate.

It is our jobs to try and combat this sense of competitive gift giving and hope that we aren’t pushing too hard for the buying of love. It doesn’t make you a bad person if you can’t purchase that one perfect gift for a loved one; it doesn’t make you a bad person if you buy nothing in favor of just spending time with family and friends.

Don’t feel pressured by society to spend all of your money on gifts that won’t be used by January. Spend your time and efforts equally year round on helping others and keeping the spirit up.

The holidays shouldn’t be the only time you’re nice to your postman, send him a card in the middle of March for no reason. It has the same effect as it does in December. ■

Our Disregard for Ethical Leadership

A look at the sub-optimal leadership in today’s society and how to change it.

CALEB SMITH

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“Relativity applies to physics, not ethics”—Albert Einstein.

It would appear that in the contemporary setting, ethical leadership is only secondary (if it exists at all) to personal gains. Electing individuals or conducting business that breaches the moral law of society is deemed acceptable if it brings about political or monetary gains. As long as your “side” wins, nothing else matters.

We have seen in recent weeks Hollywood stars, media giants, corporate elites and political leaders all be accused of sexual harassment, misconduct, assault and rape. Yet for many of these people, their support base remains intact.

With this new wave of inexcusable sexual revelations of powerful people, we must ask ourselves how we measure ethics in society. What role does ethics have in electing leaders and should it have any role in our daily life?

The bottom line is, should good ethics be a requirement for public service and does good ethics matter anymore to our society?

Clearly it should, though unfortunately I am not sure it really does. Based on recent elections and public discourse, basic moral standards seem to be lacking in the conversation.

We should elect virtuous people to all levels of government. From the local school superintendent to the president of the United States, all leaders should be held accountable for their actions.

As Einstein stated, ethical behavior is not relative. We should not decide what behavior is ethical based on what political party someone belongs to or who they vote for.

We need to call out inappropriate, sexist, racist and derogatory behavior, actions and language even if it means a loss for our political side. Winning elections should not come secondary to the moral courage to stand up for what is right.

The disregard of such acts by some in society is just as troubling as the acts themselves. It would seem inconceivable

that anyone would be able to support political leaders after accusations and evidence of sexual assault or corrupt practices, yet it would appear that is the case. Normalizing immoral behavior only encourages immoral behavior.

We have a responsibility to hold our leaders accountable for their actions, yet we are failing at this endeavor.

Voting for the lesser of two evils should not and does not have to be an election routine.

We should be willing to make political sacrifices in order to keep our core beliefs. Whether it is locker room talk or disreputable rhetoric from local school district races, we should not stay silent. The lasting effects of such silence may prove irreparable.

Society should be better than this. We can be better than this and I believe we will be better than this. We just need to (finally) have the courage to stand up and say enough is enough. ■

“Relativity applies to physics, not ethics.”

-Albert Einstein

The Final Countdown

Students with varying levels of experience with finals week weigh in on their concerns and provide advice on making it out alive.

Meredith Meyer, Freshman, Undecided Major:

“Most of my finals have essays, so I’m going to make outlines for the essays to prepare. Also, most of my finals are cumulative, so I’m reviewing old Quizlets I made.”

Rose Wyant, Freshman, Biology major:

“I am most stressed out about my lab practicum because it’s so hard to prepare for. For most of my classes, I have made study guides throughout the year for each test, so I will review those to prepare for finals.”

Lillie Cummings, Senior, Sociology Major (Anthropology Concentration):

“As a senior, I’m lucky that I have three physical finals. But I am working on my paper for my Writing Intensive. My finals are also pretty spaced out, so I have a lot of time to prepare. As for advice, get plenty of sleep. You will not produce quality work if you are tired. I bring my own tea and mug to Einsteins so that they can give me free hot water and have a constant source of caffeine in order to stay focused.”

Madeline Long, Junior, Chemistry major:

“I plan on studying for finals by staying up all night for the full five days of it. If you’re at your breaking point of studying just let it go, the stress isn’t worth it. Take a break and come back to it. You’ll enjoy your break a lot better if you don’t mess up your finals, so be sure to work hard.”

Kevin Johnson, Junior, Information Systems major:

“For finals, I just look over all the materials we got for class like worksheets and other homework. I really try not to stress about finals.”

Alejandra Guerrero, Sophomore, Engineering major:

“I stay focused best by studying in the library in the quiet rooms. There are too many distractions in my dorm room and in Einsteins. I also make sure to get a good night sleep, I feel like a lot of people don’t realize how important that is.”

Victoria Hollifield, Junior, Psychology major:

“I always make sure to do the study guides if there are any available, but if there isn’t any, I review all tests and quizzes. My biggest tip is to not wait for the last minute. I always tell myself that and still ended up waiting, but yeah that’s the advice I have for you guys.” ■

**STUDENT
ASSEMBLY**

CHRISTOPHER NEWPORT UNIVERSITY

Buzzin’ Becky

Becky wraps up the semester with some final advice pertaining to gift giving and rekindling old friendships.



PHOTO COURTESY OF CLIPART LIBRARY

It’s the final countdown.... I hope you’re all working hard (or hardly working if you’re the opposite of me and DON’T procrastinate)! This is your last chance to put in effort before you put in work on those final exams, so make sure you get it done and take care of yourselves. I know I’m not one to talk since I tend to do a lot of my work the night before (oops, sorry!), but be sure to try and get plenty of rest, schedule in some stress relief and make sure you’re at least trying to eat somewhat nutritious foods to feed your brain!

This is my last column of the semester, and it has been an absolute joy to be the confidant you seek. If you’re enjoying Becky, be sure to shoot The Captain’s Log a quick email or leave

some feedback in the anonymous submission link if you want! Without the feedback, we don’t know whether this is content that is

enjoyed throughout the campus. I’d love to be able to return next semester, so let me know what you think! Happy happy holidays, Captains! Enjoy your breaks and good luck on finals!

Becky, I am really stuck here. How do I buy my family good Christmas presents on a college student budget?

This is such a real concern of mine, so I’m so glad you asked! For example, I have grown especially close to my sister this year and she truly deserves the world. I would love nothing more than to get her everything possible so she knows how much I value her. However, I just cannot swing it.

Something to keep in mind though, and I’m sure your family would even agree, is that quality is much more important than quantity. I know it sounds cliché but it is so true, thoughtful gifts go so much further than expensive gifts. I ask my mom every year what she wants for Christmas and each year her answer is the same: nothing. I tried for a while getting her extravagant gifts (or so high school Becky thought it was), and the years I actually put thought and feelings into her gifts are the years she talks about the most.

Your family understands your full-time job is a college student, don’t stress about it just yet. You have years yet to come to ball out.

With Christmas break coming up, I am really worried about seeing high school friends that I haven’t seen since August. Any advice?

This is a great question that pertains to a lot of people, especially college freshman. The important thing to remember is that your old friends will not be the same. All of you have grown and matured since you’ve been in college. You are not the same people you were before move in day.

There is no sugar-coating it: the group dynamic will be different. You will not have the same relationships with them as you did before you left. Instead of focusing on the differences, try reminiscing on old memories and catching up on each other’s lives. Find out how Karen’s doing in her sorority at JMU, ask Brad how his computer science classes are going at Tech, tell everyone about the diverse columns found on campus. Keep it light and fun to remember the good times.

If things just aren’t jiving, don’t sweat it. You’ve (hopefully) made connections at CNU to last a lifetime.

– Becky out

**Submissions have been edited for clarity and length.*

SNAPSHOT

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Late Night with CNU Tonight

CNU's premiere sketch comedy club performed student-authored sketches Fri., Dec. 1 in the Peebles Theatre.

BY MACY FRIEND
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CNU's sketch comedy club, CNU Tonight, performed politically-infused sketches mixed with both relevant yet random comedy and wit.

The series of sketches begin with hunters on the Noland Trail in which they have spent five years searching for the "deer monkey", only for one of the hunters to die at the claws of a bear.

One of the group's most colorful sketches involved several sound effects coming through the Peebles Theater speakers.

'PBS Documentary Hour' discussed the mystery of bird calls.

One of the "birds" listed was described as "a little bird

in Florida with a big voice... the elusive *Kanye westicus*" and the call included several second-long clips of random sounds from his songs.

Another science-related sketch was "Who Gives a Damn? Radio" where members sat in their "car" made out of chairs and a table, listening to NPR. A piece about the "Sound of Science" played where a woman "devoted her entire life savings of \$14 to transcribing Morse into Morse code books for blind children using only her clarinet."

Freshman Avery Logue asks, "Don't you guys love living by the world around us? That's what I do today and I'm a scientist from MIT. MIT stands for Macedonian Institute of Testosterone."

From the back seat in the "car," junior Camille Gross responds "MIT? Is that an STD?" Logue answers, "No, that's MTV," which solicits booming laughter from the audience.

A staple of CNU Tonight's shows is a sketch called "Since the Last Show", a satirical news show where members go over current news events and infuse their comedic skills.

Junior Carter Koch and senior Elizabeth Carlton discuss current events.

"A group of environmental scientists have called for a ban on glitter, citing how it kills marine life who mistake it for food," says Koch. Carlton adds, "Politicians have also come out against glitter, citing how it kills

any belief that their wife had in them that they were totally at a conference call."

The group performs other sketches tackling the stress of finals, safety inspectors who find a body in a chest and a pick-up truck jousting team panel.

They conclude their show with a traditional Viking funeral in which they send off December graduate Katie Billigmeier. During their last sketch, the group makes light of the "passing" of Billigmeier but it is apparent that more goes into making this group than their witty sketches on stage.

This 14-member group holds meetings throughout the semester where they read through the scripts they authored to critique and edit

ideas.

President Kyle Davis comments that his favorite part of CNU Tonight is the creative process. "Artist to artist exchange is really different from artist to audience, and I really enjoy picking apart the ideas and coming up with new ones as well."

After the ideas are chosen, they delegate roles to members.

The group then rehearses for two weeks prior to the show where their hard work and creative abilities come to fruition.

Vice President Elizabeth Carlton notes about the group, "[They] are some of my best friends and it's always good to know that they've got my back." ■



(Left) Avery Logue plays the role of a doctor introducing "Miracuread," for those suffering from "chronic pain [and] the realization that nothing matters in the end." (Right) Mac McGuffin is his client with whom Logue has a strained relationship after Logue's wife cheated with the client.



(Left) Raleigh Hampson, (middle) Kyle Davis and (right) Camille Gross create a chaotic family dynamic as they drive around listening to an NPR-esque radio station. Davis ponders the question "If Eminem never lost himself in the moment would he have ever had the opportunity to eat mom's spaghetti?"



In their last sketch, members held a viking funeral for their very much alive member, senior Katie Billigmeier who is "passing on," or graduating, this month.



Fourteen members of CNU Tonight wrap up their second show of the semester in the Peebles Theatre. During their last sketch, the club expressed interest in having new members, encouraging students to speak with them after the show. **PHOTOS BY HANNAH LINDENBLAD AND NICOLE CUMMINGS/THE CAPTAIN'S LOG**



Robbers approached the depressed version of “The Incredible Hulk”, “The Sulk” (played by Rubin Harvey—far left) who encouraged them from attacking him and his friend because if they continued, they would face his mental breakdown.



Building inspectors, (left) Raleigh Hampson and (right) Jack Filiault get distracted with a chest they have been looking for on Craigslist, not realizing an assassinated politician was inside.

Gillis receives All American awards



(Above) Junior Gabby Gillis received CAC Player Of The Year honors and First Team All American awards for her efforts in the 2017 season. (Below) Gillis watches as the ball whizzes downfield past herself and her Lynchburg opponent. **MACY FRIEND/THE CAPTAIN'S LOG**

CAC Player Of The Year Gabby Gillis helps Christopher Newport Women's Soccer win CAC Championship.



BY PHOENIX HINES
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The Christopher Newport Women's Soccer team pieced together one of the most superb seasons in the program's history this past year. They went 19-1-1 while capturing their second straight Capital Athletic Conference Champi-

onship and finished the season ranked seventh in the country. A huge reason the Captains were so successful this year was because of the outstanding play from junior midfielder Gabby Gillis.

Gillis is from Loudoun County, Va. where she played Midfielder for the Loudoun County High School Raiders. While playing for the Raiders, Gillis led the

team to three straight District Championships and a State Championship during her senior campaign. She was also named the team's MVP her senior season to go along with her all-state honors.

Now a star player for the Captains, Gillis put up 14 goals and six assists for a total of 34 points during her junior season. Because of her outstanding play on the field, she was recently named a First Team All-American, the first in the program's history.

Although she was shocked about receiving the honor, Gillis said that it was a very rewarding feeling because of the countless hours of work she puts in on and off the field. Despite all the hard work Gillis put in, she knows that it could not have been done alone. "It couldn't have happened without my teammates', coaches' and parent's support," Gillis says.

This past season was more than exceptional for the Captains, but even Gillis feels like they were destined for bigger and better things. They fell to Lynchburg College 2-1 in the round of 32 in the NCAA playoffs after defeating Cabrini College 6-0. The Captains got the injury bug late in the season as they lost two key starters right before the playoffs.

Although winning is fun, the Captains would have to follow a tight schedule. According to Gillis, the team would all have their classes before 3:00 p.m. and then they would go to practice from 3:00 to 5:30 p.m. but they would also have to go the training room before and after practice. The team would also have film sessions and team meetings.

If they weren't having a team film session, then the girls would normally just watch it on their own.

This past summer, the team traveled to Scotland and England to play against other competition. Gillis felt like this helped the team's chemistry for the season. Once pre-season starts, the team's coaches have them focus a lot on team chemistry. This is a main reason why the team is so close. "It is a constant process that continues even in the off-season. [Coach] Dan has us eat together and do activities together," Gillis says.

After asking Gillis what her favorite memory of the season was, she quickly talked about when the team went to Atlanta to face Emory University and Berry College. The Captains got to take a tour of the city before they went to a soccer game. According to Gillis, her teammate, Carly Melkus, got up on a stage outside of the stadium before the game and had a dance battle with a random guy. "She did the splits on stage and it was hysterical to watch," Gillis says.

Despite the loss of a strong senior class, Gillis is extremely optimistic about the team's outlook for next year. They return nine of eleven starters, including the CAC Player of the Year in Gillis and the CAC Rookie of the Year in freshman Riley Cooke.

Another reason Gillis is looking forward to next year is because her little sister, Sabrina, will be playing soccer at CNU as well. Hard work in the off-season will help Gillis get her team back to where she wants them. ■

Porter Scores Her 1,000th Point

Currently undefeated, Women's Basketball is having a successful season as senior Sam Porter reaches a milestone in her career.

BY TARYN HANNAM-ZATZ
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This past Saturday the nationally-ranked Christopher Newport University Women's Basketball team played Frostburg State at home in the Freeman Center. The team has been very successful as they are currently undefeated and hope to continue that record.

The game was great as the Captains soared to an 88-32 win over the Bobcats on Saturday afternoon. Not only was it a great win for the team but senior Sam Porter became the 27th player in program history to achieve 1,000 points in her collegiate career.

Porter is the first to reach the 1,000-point milestone since Camry Green did in 2015. The Captains' preseason All-American and 2017 All-Region player is off to another strong start this season, averaging 9 points, 4.8 rebounds and 3.4 steals per game.

In Saturday's game against Frostburg State, the Captains' defense put together an amazing performance overall while holding the Bobcats to just an 18.8 percent shooting average. They held their opponents to ten points or fewer in all four quarters, including back-to-back seven-point efforts in the second half. The CNU defense forced 39 turnovers and had 28 steals as a team, while the inside defense was also strong with seven blocked shots.

After starting the first quarter tied 8-8, the Captains picked up the defense

and held Frostburg State scoreless for the final 5:36 of the quarter. On the offensive side, CNU went on an 11-0 run to take a double-digit lead after the first 10 minutes, 19-8.

Three-pointers from Makenzie Fancher, Kiana Kirkland, and a three-point play by Devon Byrd helped the offensive run.

The Captains would go into the locker room with a 20-point lead, up 38-18 at the end of the first half.

Sophomore Annemarie Beran and senior Makenzie Fancher had six first-half points each to lead the way for the Captains.

The team had 11 steals and forced 18 turnovers in the first 20 minutes, but the defense continued to improve as the game continued.

In the third quarter, the Captains' defense held Frostburg State at zero points as the Bobcats were 0-for-13 from the field. All seven points the road team scored came from the free-throw line as CNU continued to be successful on both ends of the floor. Seniors Anitra Thomas and Bailey Dufrene led the way right after halftime, scoring seven and six points each. The Captains continued to work hard as a team especially on the defensive end.

Another strong performance in the fourth quarter from the CNU reserves held Frostburg State to just 2-of-13 from the field with 12 turnovers. Balanced scoring had eight different players score in the final ten minutes, includ-



Helping lead the Christopher Newport Captains to an undefeated season thus far, senior Sam Porter scores her 1,000th point. HANNAH MCCLURE/THE CAPTAIN'S LOG

ing Porter's historic free-throw to reach her 1,000th point. Bailey Hodges, Erin Carroll, Jessica Daguilh, and Micah Maloney all delivered three points in the fourth, while Beran added four to finish with her first double-digit scoring

of the season.

The Captains being undefeated are making way for another extremely successful season. They play their next game on the road at St. Mary's on Wednesday, Dec. 6 at 8p.m. ■

Figure Skating Pushing Its Limits

Junior Sabrina Rivera suggests that pushing limits in men's singles competitions is not necessarily a bad thing.

BY SABRINA RIVERA
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Maybe it's the deafening blast of orchestral music or the independence of the sole skater that grabbed my attention, but for whatever reason, I am always in awe of the sport that is figure skating.

Somewhere between the sparkly sequins and the scratch of razor-sharp blades on the ice comes an incredible performance that matches grace, artistry, physical prowess and an extremely competitive nature.

However, as each year passes by, it seems that more and more it's pushing at the limits of human ability for men's singles—and that's not necessarily a bad thing.

In the 2010 Winter Olympics in Vancouver, Evan Lysacek won the men's singles competition without any quadruple jumps. But at the 2014 Winter Olympics in Sochi, every male skater had at least one quad jump in their performances.

Figure Skating championships have slowly become more and more difficult to the point that quads are now essential to winning men's singles.

This is most aptly seen during the

2017 U.S. National Championship, where then 17 year-old Nathan Chen had broken the world record for most quadruple jumps in a single program, winning the U.S. title in the process. He had performed a total of five quads in his free skate (4 min. 30 sec. performance) during that performance.

Some have expressed discontent with the way that the world of figure skating is going, namely three-time world men's singles champion Patrick Chan of Canada.

I will admit that a focus on quads can eat at the artistry of the sport, but in the end, I believe that's more of an issue for the International Skating Union (ISU) to address by revising the base point values for different kinds of jumps. While veterans of the sport like Chan dislike the direction that figure

skating is taking, I believe it carves out its own path.

By focusing on technical ability, figure skating is able to be pushed to

new heights. As a sport, the expression of physical prowess through quads should be prized because it showcases the ability of the skater and reveals opportunities for new feats.

Because these athletes push themselves to do more in these competitions, it makes it more

likely for skaters to achieve something new and incredible, like breaking the world record for highest number of quads in a single program.

Also, skaters like Chen attempt more quadruple jumps because they are young and able to take the strain—he has nowhere near the amount of expe-

rience that veterans like Chan do in making his program look artistic and beautiful. But I think it's definitely possible to show artistry and ratchet up the technical difficulty with quads at the same time—there's no reason why they should be mutually exclusive.

Because Chen is still learning and improving, doing as many quads as possible is his best bet at competing with big names like Yuzuru Hanyu and Javier Fernández—and it works.

Unlike what Chan may have suggested about the focus on jumps, Chen has been able to land five quads and improve on his artistic performance in his 2017-2018 season programs.

Chen has since won his first Grand Prix title at the 2017 Rostelecom Cup in October ahead of World and Olympic champion Yuzuru Hanyu due to another round of high-scoring quads, and then his second title at the 2017 SkateAmerica competition in November.

With these two victories, he's secured himself a place at the Grand Prix Finals on December 7-8, making him a top contender for the 2018 Winter Olympics. ■

"Somewhere between the sparkly sequins and the scratch of razor-sharp blades on the ice comes an incredible performance that matches grace, artistry, physical prowess and an extremely competitive nature"

Festive Movies to Get You Through Finals

With finals happening a week later than usual, this list will help get you in the holdiaiy spirit despite the work load and long nights this December.

BY MORGAN BARCLAY

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With finals happening a week later than usual, there are some that are lamenting their lack of Christmas spirit, going so far as to announce a possible petition to reverse the change to the academic calendar.

While there is yet to be a development on that front, there are plenty of ways to get in the holiday spirit in the meantime. One quick and easy way to get into the spirit is to gather your friends, sit around the TV and watch the best festive films out there. While not a definitive list, the following provides more than enough to get you through your next study break.

1.It's a Wonderful Life

This is a Christmas classic for a reason. Watched annually by what seems like the whole country, this movie stands the test of time. Still endearing and heart-wrenching and oh so cathartic as it was in the 1940s, this movie is one to watch.



CNU students gather in their common room in Warwick River Hall to watch a movie before finals week ramps up. MACY FRIEND/ THE CAPTAIN'S LOG

2. Home Alone

An endearing story about child neglect, attempted murder, and home invasion, this children's comedy plays with tone in such a way, you'll be laughing for hours to come.

3. Gremlins

Not usually thought of as a Christmas film, this cheesy science fiction film from the 1980s proves the adage that some presents may be more than you wish for.

4. Jingle All the Way

"Fly Turbo Man use your jetpack!" This forgotten Christmas classic amps up the nostalgia factor, as a Schwarzenegger, pre-public office days, puts up his Terminator get-up and exchanges it for straight leg Levi's. A story of a father's love, this movie will remind you of what the holidays are truly for.

5. Nestor the Long-Eared Donkey

Possibly one of the saddest claymations in existence, this usually forgotten film will bring a tear to your eye during the already emotional time of finals.

6. Elf

A reversal of expectations found within the six-foot tall frame of Will Ferrell, this film from 2003 has become a quick classic, and for good reason.

7. A Year Without A Santa Claus

The often neglected Rankin-Bass special, this short claymation film gave birth to the cultural icons of the Heat Miser and the Snow Miser, and if that is not enough to get you to watch you may be a bigger Grinch than I am. ■

A Holiday Playlist for a Not-So-Silent Night

These relatively unknown songs are sure to spice up any Christmas get-together.

BY STEPHEN BOWE

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The Christmas season is upon us, and with it comes Christmas music. Some people like Christmas music because it's so consistent, with the same familiar songs heralding in the holidays every year like clockwork. Some people dislike Christmas music for the same reason, disdaining the repetitive and unchanging nature of the genre.

The following is a playlist for the latter. Consisting entirely of Christmas music you are hard bet to be familiar with, this playlist is for the Grinch in the bunch. If you're interested in infusing some new lifeblood into your Christmas playlist, try giving these songs a listen.

5. "Zat You, Santa Claus?" —Smash Mouth

This song is a cover of a much older Louis Armstrong song, but as Louis Armstrong is not the band that did "All Star," this is undeniably the superior version.

4. "Christmas At Ground Zero" —Weird Al Yankovic

Do you fear global nuclear war destroying everything you hold dear? This offering from Weird Al paints a picture of a Christmas season marked by the atomic annihilation of humanity. This sounds very grim, but the music is upbeat and the tone is humorous.

3. "Santa's Beard" —They Might Be Giants

This song addresses a universal feeling typically associated with the holiday season—the fear that one's significant other is cheating on them with Santa Claus.

2. "2600" —Jonathan Coulton and John Roderick

"2600" describes a feeling many people no doubt recall from their childhood holiday—wanting one particular gift more than anything else, in this case an Atari 2600, the most powerful gaming console on the market in 1977.

1. "CryptoSanta" —LemonDemon

This song, which concerns a greedy corporate titan who transforms into Santa Claus after cosmic rays transform his DNA, is possibly the only Christmas song to feature the phrase "skin is sloughing". ■

All songs are available for stream on Spotify

Christmas Warmth on Screen

‘The Muppet Christmas Carol’ is a heartFELT rendition of a Christmas classic.

BY NOAH SCHER
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“The Muppet Christmas Carol” features everyone’s favorite goofball puppets in their own rendition of the classic Charles Dickens story.

In true Muppet style, it’s filled with laughs, cries and plenty of excellent music that’s sure to bring a smile to your face.

It stars Gonzo as Charles Dickens himself, who walks the audience through the story with the help of his friend Rizzo the Rat. Kermit the Frog is Bob Cratchit, Miss Piggy is Emily Cratchit, Fozzie Bear is old Fozziewig (Muppet movies are, of course, also interspersed with puns). Robin the Frog is Tiny Tim Cratchit, and Sir Michael Caine, everyone’s favorite Muppet, plays Ebenezer Scrooge.

The story doesn’t deviate too much from the original “Christmas Carol.”

Scrooge is a bitter moneylender who loathes Christmas. After being introduced with his own song, “There Goes Mister Humbug”, thoroughly terrifying his workers, refusing to donate to charity, and generally being

a grumbly unkind person, returns to his home.

That night, the Marleys (That is, Jacob and Robert Marley, who are played by Statler and Waldorf) warn Scrooge that he will be visited by three ghosts.

The first ghost is an odd, glowing CGI child who flies Scrooge (with Gonzo and Rizzo tagging along) into the past to see how he turned bitter.

He sees his old mentor Fozziewig, who ran a Rubber Chicken factory, where he meets Belle, who he loses later because of his greed.

Then he meets the Ghost of Christmas Present, an enormous, jubilant puppet who teaches Scrooge about the warmth of love and charity on Christmas.

He sings his song, “Feels Like Christmas”, and shows Scrooge how his Nephew Fred is enjoying Christmas thoroughly without his grumpy presence. He also shows Scrooge how Bob Cratchit lives in poverty despite his hard work.

He shows how they are joyous because they are together, even though they have little. He then

passes him on to the next ghost as he disappears in a cloud of glitter.

Since the story stays true to the book, this means the movie, like the book, takes a dark turn towards the end, when the Ghost of Christmas Yet to Come details Scrooge’s and Tiny Tim’s dismal deaths should he not change his ways.

As upbeat as the Muppets often are, the movie handles this tone shift very well.

Few familiar faces are in that part of the movie— even Gonzo and Rizzo drop out with a “You’re on your own, folks. We’ll meet you at the finale.”

From there until the much cheerier end, the only familiar faces are that of Kermit and Miss Piggy’s family, who are mourning Tiny Tim in a surprisingly emotional scene. Enough to make me teary-eyed without overdoing it.

It is, of course, not all dismal. Scrooge, as we know, learns the error of his ways and becomes the cheeriest, most generous person of them all.

He leads the whole cast (save for the Ghosts) in his own song, “Thankful Heart”. The movie ends with another

version of “It Feels like Christmas” as the credits roll.

Personally, I feel this is not only the best adaptation of Charles Dickens’ beloved classic, but indeed among the best Christmas movies out there.

The Muppets bring an otherwise absent silly and comedic atmosphere to the story, and makes it far more of something the whole family can enjoy.

The light-hearted mirth, the merry songs, the grim downturn and the joyous finale take the viewer on an emotional journey similar to Scrooge’s, one of catharsis.

No other Christmas movie makes me feel the kind of warmth I feel on Christmas morning like this movie. ■

‘The Muppet Christmas Carol’ is available for streaming on HBO and available for purchase on iTunes and Amazon

One New Way to Tell an Old Story

Paul Auster’s newest work finds a new way to give life to a familiar genre.

BY DUNCAN HOAG
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Put simply, Paul Auster’s “4 3 2 1” tells the story of a single individual —Archibald Ferguson— four different times, with each retelling of the protagonist’s story varying radically from the others.

If nothing else, this premise is a strikingly original concept. It also grants the narrative a great deal of room to function: A crucial choice made in one telling of the main character’s life can go in a completely different direction in the next version, which allows the novel to experiment with itself, and to play with the “what if” scenarios of existence that we can never live out.

Auster writes with an empathy that is unique, and this empathy extends through all four of the retellings of Ferguson’s life.

The narrative does not judge its protagonist, which allows the reader ample room to make those judgments for themselves.

Ferguson’s quadruple existence takes place over the turbulent backdrop of the latter half of the 20th century. Unsurprisingly, many of the most crucial differences between the retellings of the main character’s life revolve

around how he reacts the history occurring around him.

The novel also puts a great deal of emphasis on childhood events which affect Ferguson and inform the life-altering decisions he makes in the book.

The novel makes it quite clear when these events occur, so readers will have no problem connecting those events to decisions made later in the book.

Beyond the experimental premise, “4 3 2 1” functions like a relatively standard coming-of-age story, and many of its themes are not new for the genre.

However, Auster uses his expansive experience as a writer to serve up these themes in a clear-cut writing style that makes it easy to follow the twists, turns and miscellaneous complications of a human life—and it is the novel’s humanity that makes it truly special. As one reads the varying accounts of Ferguson’s life, one becomes aware of the complexities that are mirrored in our own reality. “4 3 2 1” is a work of fiction, but it is told in such a way that it seems nearly real. ■

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Garnet Ball Jump Starts Service



(Left) Students, organizations and Newport News community members gather in the DSU Ballroom as Psi Upsilon brother Rico Francis elaborates on philanthropic involvement after the viewing of the Hiddenwood Elementary video clip. (Above) 11 Roses wrapped in gold ribbon line the table. The Garnet Rose Ceremony honored specific members from various student organizations for their service and involvement within both their organizations and the outside community. **MACY FRIEND/THE CAPTAIN'S LOG**

Psi Upsilon's second event highlights philanthropic commitment and volunteer efforts within Hiddenwood Elementary School and the surrounding Newport News and Hampton Roads Community.

BY MACY FRIEND
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In a night of celebration of student service and recognition of CNU's commitment to the Newport News community, the brothers of CNU's Phi Nu chapter of Psi Upsilon held their second Garnet Ball on Nov. 30.

Admission to this event was free to encourage students to come out and celebrate the service of others.

"Garnet Ball isn't meant to be a huge spectacle but to show those who work day in and day out that they are consistently supported as they take on the role of improving our community," says brother of Psi Upsilon senior Rico Francis.

Located in the DSU Ballroom, this event was kicked off with music and students gathering on the dance floor in the center of the room.

Psi Upsilon played a video highlighting their partnership with Hiddenwood Elementary and their annual event of welcoming the elementary school students back to school with the help of other CNU organizations.

During this event, they invited students to write notes to Hiddenwood kids using paper and markers that were present on every table.

One of CNU's six a cappella groups, University Sounds, performed three songs from Glow and senior Jordyn Moder DJ'd the event.

The Garnet Rose was given out to individuals from 11 student organizations, chosen by each organization based on how much service they have completed and their participation within their organizations as well as community involvement.

Psi Upsilon presented their award to junior Sean Celli, stating that he has completed over 400 hours with the Youth Volunteer Corps. in Hampton Roads

since August 2017 and is a regular volunteer with Special Olympics of Virginia.

A couple others included Zeta Tau Alpha's Caroline Snare and Kappa Sigma's Collin Baker, with the sentiment that "service is not about what you do, but the smiles you leave on people's faces afterwards."

Aside from the Garnet Rose ceremony, Francis spoke about Jump-Starters, a non-profit organization that aims to help students who are preparing for college. This is an enrichment organization including 16 CNU students. They are currently pioneering the app LinkedIn for high schoolers to get into college.

Francis began this organization at his alma mater, Northwood High School in Silver Spring, Md.

"Remember to keep philanthropy close," says Francis.

Since this organization is brand new, being launched at the Garnet Ball, most of the members are still in the planning process.

Paige Long, a junior and Jump-Starter whose focus is Suicide Prevention and Mental Health Advocacy will be working with members to design a crash course on mental health for high school students.

"I am most looking forward to making a difference in a population I've never worked with before," says Long.

Francis reflects on his time spent with the brothers of Psi Upsilon and the experiences that have shaped him into the person he is.

"My fraternity has given me the foundation to reflect on my life while bringing the best version of myself forward. I look forward to watching Garnet Ball grow and continuing to celebrate the individuals who consistently make this university home for us all." ■

"Remember
to keep
philanthropy
close."

— Rico Francis

Survive & Thrive During Finals Week

It's the most wonderful time of the year— almost.
Here are some tips to help you make it through finals week in one piece.

BY ANNA DORL
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1. Don't Procrastinate

As tempting as it is to put off studying until the very last minute, it never helps you pass. Carve out times to study during the week and take advantage of free time you have between exams.
Manage your time wisely or you'll end up like me, writing this article the night before it's due when you still have two essays to write for actual classes that you haven't even started.



PHOTO COURTESY OF VARCITY

2. Take Care of Yourself

Try to get a decent amount of sleep every night (no, a 30 minute nap doesn't count) and don't skip essential meals.
Exercise is physically good for you as well as a great stress buster, so hit the gym for an hour or just go for a little walk around the campus. Study hard, but don't sacrifice your health for your grades. Your body needs fuel to effectively study and retain information.



PHOTO COURTESY OF WIKIMEDIA

3. Treat. Yo. Self.

No one wants to stare at a computer screen or a textbook for hours on end— at a certain point, your brain just stops taking in information.
Take a break and spend some time doing something fun and relaxing. Catch up with a friend, grab coffee from Einstein's or (if you really want to waste some time) binge watch the entire new season of "Stranger Things," even though you've already seen it twice.

4. Get Organized, Make Lists

Get organized. Try to keep a clean workspace with minimal distractions. (Throw away that Ramen cup that's been sitting on your desk for a couple days.)
Plan out study times and balance them with self-care. Writing a list of things you need to get done helps you remember everything you need to do and can also make you feel accomplished as you check items off as you go.



PHOTO COURTESY OF WORDPRESS

5. Utilize Available Resources

Don't forget about all of the resources that CNU has to offer.
Sign up for tutoring sessions if you need extra help in a class or if you need a certain subject explained to you.
Take advantage of your professor's office hours and consider any extra credit opportunities offered. Join a study group and prepare for exams with your classmates; the more the merrier.

6. Believe In Yourself

You've got this! Have faith in yourself and your ability to succeed. You've made it this far, so there's no turning back now. Make this semester a great one as you continue to work hard and finish strong.

Good luck, Captains! ■



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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 Melanie Occhiuzzo at clog@cnu.edu

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