



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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## Wellness Comes to CNU

SAVE is sponsoring another Week of Wellness promoting students' mental and physical health.



BY MELANIE OCCHIUZZO

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The Week of Wellness is well underway at CNU. This is the second Sexual Assault and Violence Education Committee co-sponsored Week of Wellness reports Matt Kelly, Deputy Title IX Coordinator.

Mental and physical health is the main focus of this week. "In the week of wellness programming our hope is to help educate students all about aspects of wellness to promote a better understanding of themselves," Kelly says.

"We hope to educat[e] students on different aspects of wellness, as well as promote a health[y] campus environment."

SAVE is the primary sponsor of this event but they have coordinated with many on- and off-campus groups.

The Office of Student Activities, CAB, Office of Counseling Services, CNUPD and CHECS are all working together with SAVE to make this week's event successful.

A few of the off-campus organizations represented are The Center for Sexual Assault Survivors, Planned Parenthood, Pariser Dermatology, Virginia ABC Education Programs, Farm Fresh and many more.

Mental illness is a big focus in this event, especially given that Kelly is a Title IX coordinator and works with students who have been affected by sexual assault.

"Sexual assault and sexual violence affect the whole person," says Kelly. According to nami.org millions of Americans are affected by mental health conditions every year.

The site goes on to explain that one in five adults in the United States—43.8 million, or 18.5 percent—experience mental illness in a given year.

They say that approximately one in 25 adults in the United States—9.8 million, or 4 percent—experience a serious mental illness in a given year that subsequently interfered with or limits one or more major life activities. Both of these studies took place in 2015.

Each student is given a SAVE magnet with all the resources they might need. This is just some of the ways SAVE tries to help CNU students. **MELANIE OCCHIUZZO/THE CAPTAIN'S LOG**

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Senior CJ Buechner battles Acute Lymphoblastic Leukemia. Read his story here.



## Weekly pic

Even though rainy weather is upon us, it can't dampen the beauty that our campus has to offer. If you have a photo you would like to be featured as a Weekly pic, email [macy.friend.14@cnu.edu](mailto:macy.friend.14@cnu.edu) with a photo and a short description. **Nicole Cummings/The Captain's Log**



### CNU TV

CNU Sophomores signed away their academic lives last week. Check it out on our Facebook page.

## Editor-in-Chief Application

Applications for the position of Editor-in-Chief of The Captain's Log for 2018-2019 are being accepted now through March 2, 2018. Successful applicants will have substantial journalism experience, ideally in both print and multimedia platforms, as well as promise in leadership.

The Captain's Log publishes 24 issues per school year and requires a rigorous commitment to meeting deadlines and standards of journalistic ethics and quality. The ad-hoc Student Media Board, composed of CNU students, faculty and community journalists, will review the applications, conduct personal interviews and appoint the Editor-in-Chief.

The appointment usually comes with a stipend, as well as the Jean T. Everitt Journalism Scholarship. Application should include the following materials:

1. A cover letter detailing your interest in the position. Discuss your reasons for applying and your view of the editor's role in campus life.
2. A letter of recommendation from someone who knows your qualifications, particularly as they pertain to journalism and/or leadership.
3. Three writing samples of unpublished or published writing and/or news articles that you have edited and/or published pages that you have laid out (newspaper, yearbook, etc.). Add a brief note explaining the context of the samples.

If you would like access to the application, please send an email to [clog@cnu.edu](mailto:clog@cnu.edu) and we will send you a copy. Applications are due via email submission to Dr. Jason Carney in the Department of English by 5 p.m., March 2, 2018. For questions, contact Dr. Carney at [jason.carney@cnu.edu](mailto:jason.carney@cnu.edu).

Correction from previous issue:

The views expressed in the piece "I Watch for the Ads" in A&E were not the opinions of the writer Christopher Gabro but rather the section editor Morgan Barclay.

## The Captain's Log Staff 2017-2018

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**THE CAPTAIN'S LOG** is the official student newspaper of Christopher Newport University. It is a public forum, which is published Wednesdays throughout the academic year.

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

- **Email:** [clog@cnu.edu](mailto:clog@cnu.edu)

- **Drop off:** The Captain's Log newsroom, DSU Suite 393

**JOIN THE STAFF** The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

**WANT TO ADVERTISE?** Circulation inquiries, advertising rates and policies are available upon request via email at [clog@cnu.edu](mailto:clog@cnu.edu) or telephone at (757) 594-7196. For more information, visit our website at [thecaptainslog.org](http://thecaptainslog.org).

# From the Front Page



## CONTINUED FROM PAGE 1

Students who participated on Tuesday during the Week of Wellness were able to take advantage of a mental health check-up sponsored by the Office of Counseling Services.

In addition to taking care of their mental states, students were also able to find their zen in an Office of Student Activities sponsored “Glow with the Flow” which was a special night yoga session in the Freeman Center that evening from 8-10 p.m.

The rest of the Week of Wellness has a packed schedule with at least one event every day.

In addition to the Tuesday yoga and mental health check-up, there are daily table events from 11:30 a.m. to 1:30 p.m. in the DSU Street focusing on aspects of a student's life.

On Wednesday, Valentine's Day coincidentally, students will get the chance to learn what their Love Language is and how they can best communicate with others.

According to 5lovelanguages.com, there are five different ways people choose to express their love: words of affirmation, acts of service, receiving gifts, quality time and physical touch.

By attending the seminar students will be able to learn about how they can best express their love to people around them.

Thursday plays host to two events: the Wellness Fair and Thursday Night Trivia.

The Wellness Fair is where those off-campus sponsors come into play.

Booths will be set up in the

DSU street and students can learn about all of the health resources that exist on- and off-campus.

Thursday night Trivia will be the same as it always is, held in the Crow's Nest but with a health theme: sexual health.

Students are encouraged to come out and learn more about their sexual health in a laid-back environment.

The final day of the Week of Wellness is all about sleep.

The Office of Counseling Services will be providing information and assessments on sleeping habits.

According to research done by Brown University, at least 11 percent of students reported getting good sleep.

However, 73 percent of those same students from the study were found to have sleep-related problems during the study.

Healthresearchfunding.org says that sleep deprivation impairs people's ability to function normally throughout the day.

It says that this causes students, in particular, to pay less attention while in class and subsequently have lower GPAs due to impaired ability to concentrate, retain information and learn.

Getting enough sleep is important and the Office of Counseling Services is here to help.

Another thing students can keep in mind is that there are free fitness classes all week in the Freeman Center.

This is to encourage students to maintain

their physical health as well as their mental health.

Kelly shares his own perspective on wellness as he prepares to finish the week off.

“I can only speak for myself, but wellness to me speaks to the whole person. Being well can encompass mental health, physical fitness, sexual health and relational health. Each person has a different meaning of what each of these look like to them, but in general it means taking care of you as a person, not just one aspect of you.”

SAVE has two events coming up this semester, one is the

annual Celebration Event with Fear2Freedom where CNU's campus will join together as a community to assemble after care kits for survivors of sexual assault on Tuesday March 20 at 6 p.m. in the DSU Ballroom.

The other is a partnership with the Department of Social Work, Sociology and Anthropology and Student Activities to present a screening of the film Hunting Ground. The film screening will be on Monday March 26 at 7 p.m. in the Gaines Theater. ■

(Above) Last year's Week of Wellness Fair featured organizations such as Planned Parenthood and CAB. Both of these organizations are returning for this year's fair. (Below) Another shot from last year's fair shows Matt Kelly demonstrating just how much alcohol is actually in the mixed drinks students are fixing for themselves. **ABOVE PHOTO IS COURTESY OF MATT KELLY AND BELOW PHOTO BY MELANIE OCCHIUZZO/ THE CAPTAIN'S LOG.**



# Neffinger Discusses Piracy & Terrorism

BY DUNCAN HOAG  
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Last week, the CNU Center for American Studies hosted the Homeland Security Expo and Symposium.

Co-hosted by Huntington Ingalls Industries, parent company of Newport News Shipbuilding, the conference drew attention to Port and Maritime security, particularly with regard to the ability of seafaring vessels to be secure at home and abroad against a myriad of threats, including piracy and terrorism.

One of the keynote speakers was Peter Neffinger, former head of the Transportation Security Administration (TSA). Neffinger has also held high-ranking positions in the Coast Guard, most notably serving as Deputy National Incident Commander during the BP oil spill of 2010.

Neffinger discussed the evolution of coordination between different maritime and security organizations, saying that 9/11 was an especially large turning point for coordination between the various relevant organizations.

“There was really something very different about the 9/11 attacks, and it changed the way we thought about

Securing America’s shipbuilding facilities, airports and other transportation hubs was the topic of conversation at the Center for American Studies’ two-day event.

security. We had known that transportation could be a facilitator of terrorism, but we hadn’t really thought of it as a weapon before 9/11... From my perspective, it was really a recognition of the importance of coordinated efforts to protect the system,” says Neffinger.

Neffinger stated that this trend has increased coordination between nations, and allowed for a greater awareness of the risks involved in maritime activity, and greater emphasis on on-the-ground security measures.

“One result was the development of an international regime for security. The regime basically said ‘We agree collectively that these things [better-coordinated security measures] are important, and that there are various things we need to do collectively to make them work.’ Everything from barriers and ID checks and so forth, to greater awareness of the kinds of things that are happening out there,” he says.

Neffinger stated that having awareness of one’s surrounding as a means of combating possible threats is also essential.

“The second thing was maritime domain awareness. That was a term that was thrown around a lot... there was surprisingly little information about what was moving around out there on the waters of the planet. Knowing what’s out there, that’s what’s important.”

He also emphasized the importance of keeping a pulse on global activities by stepping up security presence in the world.

“Having greater presence, more people watching things, and ultimately the ability to respond to that would happen— and not respond in the way that we had before, but respond in a coordinated way with protocol, and so forth.”

Finally, Neffinger expressed his view that one major way to improve overall maritime and port



Neffinger served as Vice Commandant of the United States Coast Guard from 2014-2015, before taking command of the TSA.  
COURTESY OF COAST GUARD ALL HANDS

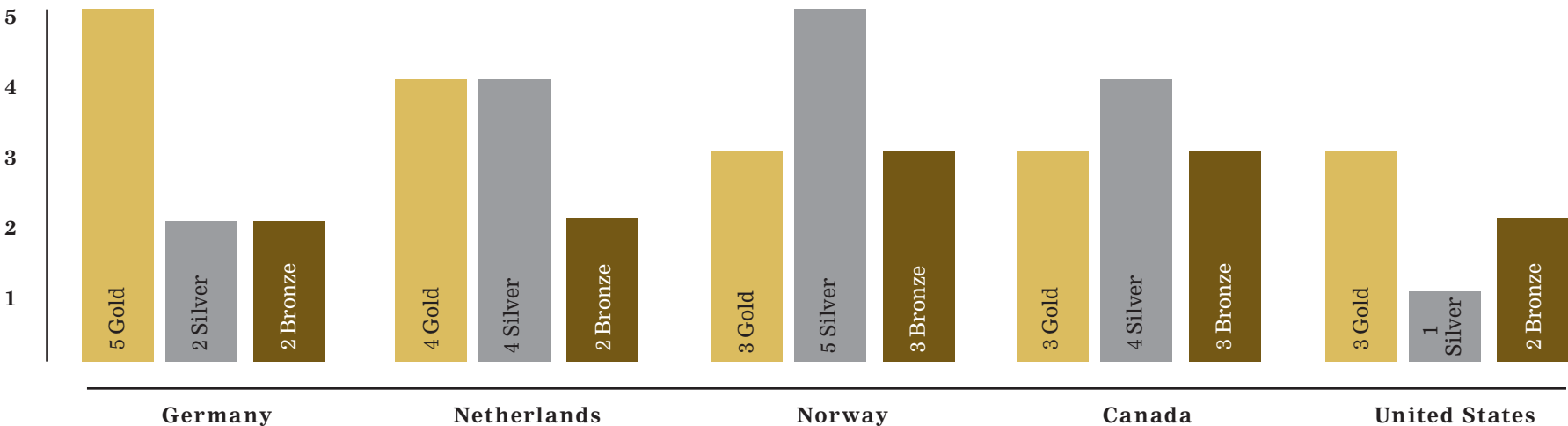
security would be to have the security itself integrated into the system it is protecting, rather than just thrown over it.

“If we understand how a system operates, we can stop just bolting security on to a system and we can embed it in the way we do business.

I think one of the things we still don’t do well is engraving security into a system. And I don’t mean just in the way we think, but to really know the structure of the system in a way that is integral to it, so that the security becomes the by-product of a system.”■

# 2018 Winter Olympic Leaders

A breakdown of the top five Olympic teams with gold, silver and bronze medals to date.



# (Cat) Calling Out Street Harassment

Street harassment comes in many different shapes and forms and so do the means to combat it.

BY SABRINA RIVERA  
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Last Thursday, Intelligencer hosted a panel titled “Street Harassment: a Community Safety Issue” with Dr. Danielle Stern, a Communication Studies professor at CNU, as the main speaker.

This presentation was created in response to a survey sent out by CNU to the student body a few weeks ago, the goal being to see how safe students feel on campus and in the surrounding community. The presentation discussed this topic and then participants broke out into facilitated discussion groups to talk about how to address street harassment.

As per Dr. Stern’s lecture, street harassment is defined as unwanted comments, gestures, or actions forced on a stranger in a public place without consent. Also known by the colloquial term “catcalling,” this definition of street harassment focuses on the notion of the stranger, but an individual may also be harassed by someone they know.

Historically, some viewed street harassment as a form of compliment, but that element of American culture is slowly changing from writing unsolicited comments off as compliments to regarding catcalling as an unwarranted and nonconsensual interaction.

Street harassment is a many-headed dragon, taking several different forms: leering, car honking, whistling, sexist comments, vulgar gestures, sexually explicit comments, kissing noises, being followed, having one’s path blocked, sexual touching or grabbing, being the target of public masturbation and sexual assault.

The problem with some of these facets of harassment is the difference in severity; while people from some generations or other regions of the nation may consider things like whistling as a compliment, the preponderance of these encounters may signal more dangerous activities such as assault.

According to a 2014 study from [stopstreetharassment.org](http://stopstreetharassment.org), at least 65 percent of all women and 25 percent of all men (especially those in the LGBT+ community) will have experienced street harassment at some point in their lives.

Almost one in four women will have experienced street harassment by age 12, and nearly 90 percent of all women will have experienced street harassment by age 19. Half of



While catcalling may not be of the utmost concern on CNU’s campus, it is something that most women will encounter as they go out and live their life in cities and communities across the country. PHOTOS BY HANNAH LINDENBLAD/ THE CAPTAIN’S LOG

harassed persons, men and women, are harassed by age 17.

So why does street harassment happen? Most of the research conducted by people in the areas of gender, women’s studies, sociology, communications and media studies and psychology are looking at this cycle of power and control perpetuated by sexual harassment.

This is experienced by primarily women, although it’s not always specific to gender or sexuality.

It does lean toward power dynamics and differences among gender and sexuality, including the LGBT+ population.

People may also be harassed due to factors such as race, nationality, religion, disability, class and often more than one factor.

This is known as intersectionality, or the interlocking identity markers like race, gender and class that affect our daily experiences in the spaces that we occupy.

These spaces may also be more privileged or marginalized depending on one’s identity markers, and what that means within the context of certain societies, such as the LGBT+ community within

American society: 70 percent of people who identify as LGBT experience street harassment by age 17, compared to 49 percent of people who identify as straight, including men.

Recently, street harassment has been addressed by hashtag movements such as #MeToo, #TimesUp, and #YesAllWomen through tweets and posts.

When asked about the connection between hashtag activism and street harassment Dr. Stern explained that “We are at a cultural moment where, because of online spaces like Twitter and Instagram, [...] they invite a dialogue for women to share their stories.”

“Even though much of the bullying and harassment is happening on the street, clearly that’s happening on Twitter too; online community or hashtag activism is a way to respond or to intervene in that offline experience,” says Stern.

When harassed on the street, it’s most important first be sure of your own safety says Stern.

Safety is primary, and sometimes there is no control over that. As per the lecture, if you are not safe, leave immediately, and if that is not possible, shout for help



Dr. Danielle Stern spoke in front of attendees of Thursday’s event.

or use an assertive tone and strong body language to tell the harasser to stop.

“The only way that we’re going to intervene and stop street harassment as a community, is to begin at CNU, go into the community and spread into Hampton Roads and the Peninsula,” says Stern.

“We need to stop harassment and fill the culture with respect by starting locally, but know that this is a global issue.”

“What we do here at CNU is not going to have a change right away for the rest of the world, but it’s going to be small steps towards that change.” ■

## Conditional Campus Safety

Glaring lack of security cameras throughout parking decks highlights safety concerns for students.

PAIGE LONG

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On Friday, Feb. 2, 2018, I called the Christopher Newport University Parking and Transportation Services Office regarding a concern I have about student safety in the parking deck.

I was shocked to learn that there are no cameras or video surveillance of any kind in the parking deck, which is the only open parking garage on Main Campus.

The lack of video surveillance in the parking deck brings about additional concerns for the safety of our students.

Without video surveillance in the parking deck, which is primarily used by commuter students, students can only hope that their insurance company will believe them when they say they were not at fault for damage that occurred to their car in the parking deck.

Further, a lack of video surveillance means that an individual who hits a parked car may flee the scene without leaving a note, leaving the owner of the car financially responsible for damages they did not cause.

This is wrong.

Additionally, parking garages are dark, enclosed and often unpopulated, particularly at night.

A perpetrator often chooses a location like this to commit their crime because the likelihood of witnesses being pres-

ent is low.

Further, if a perpetrator knows that there are no cameras to catch them in the act, they have all the more reason to commit their crime. The lack of video surveillance in the parking deck means that a student may be assaulted and may never be able to bring their attacker to justice.

A campus that values student safety should use video surveillance in places where crimes are likely to occur.

I am alarmed and disappointed at the lack of video surveillance in the only parking garage on Main Campus, and I intend to have this changed.

If you, too, are upset by this, please sign my Change.org petition entitled “Install video surveillance in the Park-



The parking deck is lacking in basic security features like surveillance cameras. MACY FRIEND/THE CAPTAIN’S LOG

ing Deck.”

Your signature tells Christopher Newport University that you care about the safety of every member of our community, that the lack of video surveillance

in the parking deck is unacceptable, and that video surveillance should be installed immediately.

Commuter students deserve to feel safe, too. ■

## Not-So-Sweet Suite Sweeps

Students who live in theme units feel they are under constant surveillance by Resident Assistants.

BRETT CLARK

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As CNU students, we know that the housing lottery can be a fickle mistress.

As Ol’ Blue Eyes would put it, this mistress had a very unlady-like way of running out on me and my roommates a year ago when we were trying to see where we’d live as sophomores.

The Housing office told my four friends and me that we had no other option than to be a part of a conglomeration of strangers living in a 15-person suite, called a theme unit, if we wished to live together.

We did not know what to expect, whatsoever.

Come August, to our collective pleasant surprise, our worries about our new suitemates were put to rest upon meeting them.

We were also glad that our RA, who was one of our 10 new neigh-

bors, was nice and a fellow athlete who could understand us better than the average Resident Assistant.

The pros, given our circumstance, were greater than we imagined though. Alas, one aspect of the theme unit lifestyle really burned our biscuits, and to this day, still does.

Outside of our tiny bedrooms, we have a common room for all 15 of us to share, just like all suites do.

Like a Greyhound-Borzoi mix, a 20-year-old man or woman needs a little more than a shared 15x15x15 box to live our lives.

We need a couch we can sink into after a long day of studying, exercising and communicating with our fellow Captains.

We need a table to sit around to recount all the weird things we saw people do while walking to class.

In this room, we should be able to sit in relative privacy, just like every other type of suite gets to do.

That is not how our school lets us live, however.

Several times a night, members of the school’s secret police scour our suite for any and all infractions. Like members of Stalag 17, the guards open the door to our domain walking by our bathrooms and bedrooms, casually peering inside.

There is no other scenario where, without proper cause, Resident Assi-Stasis can just walk into a student’s suite and examine their home.

Why are theme units subject to this unfair and arbitrary extra surveillance?

Our suite, despite being larger, should have the same sovereignty and privacy that every law-abiding suite enjoys.

I hope the powers be will take notice of this grave injustice and correct it. ■

*“In this room, we should be able to sit in privacy, just like every other type of suite gets to do.”*

# Why Students Love Their Classes

Student Assembly asked students with classes all across majors to tell them why they loved their favorite classes.

STUDENT ASSEMBLY ACADEMIC  
AFFAIRS COMMITTEE  
KALLMILAZZO.16@CNU.EDU

“Philosophy 202 is a welcome break from my science classes and I think Dr. Davidson does a good job of explaining the concepts. I also enjoy expanding my horizons and questioning what I believe.”

**-Joy Jeremiah/Sophomore/Cellular and Molecular Biology Major**

“19th and 20th century literature is my favorite period, and I like learning about how history affects literature. Dr. Teekell makes English 202 really interesting and fun, even when we’re discussing difficult topics.”

**-Mary Style/Sophomore/History Major**

“I love my Evolution of Physics class because I don’t know too much about astronomy so my mind is blown every time I walk out of that class.”

**-Cat Hall/Freshman/Neuroscience Major**

“I loved taking Professor Samuels’ calculus class! He simplified complicated material so every student could master the subject.”

**-Sam Plesce/Freshman/Electrical Engineering Major**

“Scene, Design and Tech gives a nice overview of everything about how the tech side of theater operates, from lighting to curtains to carpentry. I think I like it because everyday there’s something new that we’re learning. Like even with things that I thought I knew about pretty well, there are still plenty of things that end up surprising me.”

**-Brannon Linder/Sophomore/Theater Major**

“I really liked my French class last semester. I was in French 200. Learning a language is crucial to get in to the real world and make connections. It was a small class, and the size allowed me greater success.”

**-Isabel Danstrom/Freshman/Political Science Major. ■**

**STUDENT  
ASSEMBLY**

CHRISTOPHER NEWPORT UNIVERSITY

COURTESY OF STUDENT ASSEMBLY

## Buzzin’ Becky

Becky takes on friends leaving and the adulthood desire to travel with no money.



COURTESY OF CLIPART LIBRARY

Happy Valentine’s Day Captains! Whether or not you have that special someone present, I hope you still manage to celebrate this widely-hated (by single people) holiday. You don’t need a significant other to go buy yourself some Reese’s hearts, lay in bed and binge-watch some cheesy rom-com with Ryan Reynolds or Ryan Gosling.

Or if you’re into it, celebrate Galentine’s Day! Channel your inner Leslie Knope and go get some amazing waffles and spend the day with your best gals. Guys — good luck this week. The expectations will be very high

and I hope you manage to succeed. May the odds be ever in your favor.

### How do I deal with the fact a lot of my friends are graduating?

Honestly I’ve dealt with this every year I’ve been at CNU. It doesn’t get easier each time either. It’s okay to be upset your friends are leaving, finding good friends is such a hard task. But you have to balance that emotion. Don’t ruin their year — that’s not cool. They’re busy freaking out about postgrad and applying for jobs, they don’t need you reminding them about it every three seconds, nor should they feel guilty for getting it done. It’s a long race!

That being said, pushing them away helps no one in the situation. Yes, you’re upset. But if they’re good friends they’re still going to be there for things going on in your life. That just makes things like your birthday more exciting to celebrate when someone you don’t see often gets to come visit. It’s not their fault they’re done with their degree, you don’t need to make them feel bad at all. What you need to do is to enjoy the time you have left with them while you do. No other time in your life will you have everything so consolidated into one place. Your friends will never be a two minute walk on campus at 1 a.m. to go bug. Have fun together. Make memories (not evidence). Go on adventures. Cherish the time you have left, because it won’t be long until you’re the one who’s graduating.

### How do I ball out on Spring Break without big plans or a big budget?

A lot of people feel like they need to go on a huge, glamorous vacation to an exotic country in order to have a great spring break. But sometimes, staying home and relaxing can be an even better way to spend your Spring Break. If you can’t afford to go on a week long vacation, your Spring Break can still be fun!

Use your Spring Break to reconnect with friends from high school and spend time with your family. Spring Break is an entire week where you can stay at home, relax and hang out with friends and family. While you’re home, you can do fun, inexpensive activities like going to the movies or going for a hike.

Don’t worry if you can’t afford a lavish trip; the best Spring Breaks aren’t necessarily the ones where you fly to a foreign country. Catching up on sleep and spending time with family can be as equally as fun.

— Becky out

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



## For the Love of Music

VCU's Ramifications performed a mashup of "Octahate/Jarmin in the Dark" by Ryn Weaver and Young Monks, "Girl with the Tattoo" by Miguel and "Future Friends" by Superfruit. Their performance won them first place and a \$350 prize. **PHOTOS BY HANNAH LINDENBLAD AND NICOLE RAMKEY/THE CAPTAIN'S LOG**

The love of music brings students together to share their talents.

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

"Music and love are extremely powerful forces," says senior and USounds member Cameron Johnson.

These two things are what brought six a cappella groups from Virginia universities to Gaines Theater last weekend.

In University Sounds' fifth annual a cappella Sing Your Heart Out Invitational, students gathered to share their

passion for music in a Valentine's Day-themed event.

Groups from the University of Mary Washington, Virginia Tech and Virginia Commonwealth University performed.

"It is an amazing feeling to host talented groups that share the same passion for music. The fact that they are willing to travel, sometimes for hours, to do what they love speaks for itself," says Johnson.

Rose petals and red-orange lights covered the front of the stage in Gaines while red and gold balloons filled the back.

Preparations are made months in advance to create the intimate atmosphere and make the event a success.

USounds reaches out to various groups to coordinate schedules and the technicalities of their performances, such as their 10-minute time limit and solidifying a set list.

These preemptive steps allow USounds to purchase trophies and decorations ahead of time.

The money they make during this event goes toward things such as travel expenses and the production of their CDs. They are in the process of licensing both of their CDs and working to get their music on Spotify and Apple Music.

Although this event is centered around inclusion and groups coming together for their passions, those that

group that wins receive their trophy makes all the time and dedication worth it," says USounds President Hunter Williamson.

For some USounds members, this is their last SYHO event.

USounds' Music Director, senior Toria Hester, has been part of the group for four years.

"It's so rewarding to work hard and put on this amazing event. So to know that I won't be able to do that again is sad but isn't that what makes it special? There is nothing like seeing all your hard work come to fruition."

VCU's Ramifications won first place and \$350, VCU's Notochords won second place and Best Beatboxer, VT's TechNotes and Mixed Emotions won Best Solo and Fan Favorite, respectively.

"I love the relationships we build with all the other a cappella groups from around Virginia.... [Seeing] the

While this may be these senior's last time performing in this event, it will not be going away.

"I know the invitational will continue to draw crowds and melt hearts in the future," says Johnson. ■



Virginia Tech's TechNotes performed "Feels" by Calvin Harris ft. Pharrell Williams and Katy Perry, "Too Good at Good-byes" by Sam Smith and "Friends" by Francis and the Lights feat. Bon Iver and Kanye West. They won Best Solo.



Virginia Tech's Mixed Emotions, "Trainwreck" by Lil Nas X, garnered the most cheer.



VCU's Notochords performed "Friends" by Francis and the Lights feat. Bon Iver and Kanye West. This group won Best Beatboxer.

"It's so rewarding to work hard and put on this amazing event. So to know that I won't be able to do that again is sad but isn't that what makes it special? There is nothing like seeing all your hard work come to fruition."



otions opened the invitational. They sang “Sweet Dreams” by the Eu-  
’ by James Arthur and “Youth” by Daughter. After their performance, they  
ers and applause which won them the title of Fan Favorite.



Virginia Tech’s all-female a cappella group, Sensations, performed “Bound to You” by Jocelyn Alice, “Wayfaring  
Stranger” by Johnny Cash/Ed Sheeran and “Potential Break Up Song” by Aly & AJ.



formed fourth in the event with “The Bridge” by ARORA and “Settle Down”  
won multiple awards with second place and Best Beatboxer.

**warding to work hard and put on this  
ent. So to know that I won’t be able to do  
in is sad, but isn’t that what makes it  
special?” -senior Toria Hester**



University of Mary Washington’s Symfonics performed Michael Bublé’s “Feeling Good,” Queen and David  
Bowie’s “Under Pressure” and Gary Jules’ “Mad World.”



Since University Sounds does not compete with the other groups in their event, they performed at the end  
before giving trophies and prizes to the groups as a way to thank everyone for coming out.

# The Unsung Heros Behind Every Gameday



John Pulley, a junior member of the Marching Captains reminisces on his memories and experiences while in the band. **MACY FRIEND/THE CAPTAIN'S LOG**

Member of Marching Captains, John Pulley, enjoys creating an energizing atmosphere at home football games.

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

When it comes to sports, there are a few things that everyone notices. The teams playing, the coaches calling plays, the fans cheering, etc. What most people don't realize is the marching band creating an electrifying atmosphere for all of the players and fans. Junior John Pulley has been doing this since his freshman year of high school and is loving every second of it.

Pulley is from Ashburn, Va. where he went to Stone Bridge High School and has been playing the saxophone since sixth grade.

Despite the heavy time commitment towards the marching band, Pulley has had a great time performing for the teams at CNU.

The marching band plays a huge role in setting the tone of the atmosphere at football games, while also playing great music. The energy they create can distract opposing teams and can also help shift momentum in the game. The marching band takes a lot of pride in their commitment towards the football team.

"We like to think that we play a major role in our teams' successes but most importantly, we are there for the team whenever they play. We like to say that even if it is raining, snowing, or if it's zero degrees out, if the football team is there, then we are there," says Pulley.

Pulley realized right away how big of a time commitment playing in the marching band would be.

They have to learn and perfect vari-

ous aspects of their performance.

The marching band practices on Mondays, Wednesdays and Fridays from 4-6 p.m. and they have performances on most Saturdays throughout the semester, especially home football games in the Fall.

The football games are usually all day events as they have to do early rehearsals on those mornings.

This past Fall, Pulley did something that he hasn't done since his senior year of high school. Pulley was appointed as one of the band's three drum majors who are the conductors on the stands.

"That was one of the most incredible experiences of my life because I got to lead the band from a brand new perspective and serve as a figure head for it in a way," says Pulley.

He had the same position for his high school band during his senior year so having the opportunity to do it again was very special.

Although Pulley has a passion for music, he played recreational league basketball throughout his high school and middle school life.

He enjoyed his experience with basketball, but as time went on, he realized that his true love was for music.

Every year the team has band camp which is filled with fun events. They also have events during the season like karaoke night, a tug-o-war tournament and a movie night.

Pulley has one more year of playing for the marching band before he graduates and he says he is going to make the most of it. ■

## Women's Basketball Prepares for CAC Play

Head Coach of the CNU Women's Basketball team comments on their past and preparation for UMW Eagles.

**BY TARYN HANNAM-ZATZ**  
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The Christopher Newport Women's Basketball team has an overall record of 21-2 in the current season.

They last played Mary Washington University on Jan. 17 and won 98-43.

The Captains will face the Eagles again at Mary Washington on Wednesday Feb. 14 at 6 p.m.

"We know that Mary Washington is always one of the toughest games of the season especially at their place, so we will spend time reviewing their personnel, offenses and defenses, and then we will work on the offenses and defenses that we think will give us the best opportunity to win the game," says Coach Bill Broderick.

Each player is doing their part to prepare for the upcoming game.

As the team prepares they look at what could be some of the struggles— including the rivalry against Mary Washington—they may face in the game.

"I think the toughest thing about this game will be the home court advantage. They always get a large crowd for our game and their student body loves to root against CNU, so I think that will create a great game atmosphere," says Broderick.

Broderick has thought a lot about this

game as he wants the team to succeed and continue with their winning and

almost perfect record.

"I feel like this will be a really tough game just like it is every year especially at their place.

"We were able to get them pretty

good at our place earlier this year, so I know that they will be ready to go and looking for revenge against us

**"The past few years we have been relatively even with Mary Washington and each team has protected their home court, but we were able to defeat them last year at our place..."**

**HEAD WOMEN'S BASKETBALL COACH BILL BRODERICK**

next Wednesday night," says Broderick.

Mary Washington is always a tough team to play. In the past the Captains have done well but it is a team that should never be counted out.

CNU has been relatively even with Mary Washington for the past few years.

Each team has protected their home court but the Captains defeated them last year at home in the CAC Conference Championship.

"Hopefully we will be able to make it four [wins] out of the last five on Valentine's Day," says Broderick.

Be sure to tune in on the Christopher Newport University sports page on Wednesday at 6 p.m. to follow the game live and cheer on the team from home. ■

# Captains Seek Fourth Straight 20-Win Season

McFarland and Marin expected to lead Captains to victory against University of Mary Washington Eagles.

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

After a dominating win over Penn State-Harrisburg this past weekend, the Men's Basketball team will travel to Fredericksburg, Va. on Wednesday to take on their conference rival, the Mary Washington Eagles. Tip-off is set for 8 p.m.

Despite losing arguably the best player in the Capital Athletic Conference (CAC), Marcus Carter, due to injury earlier in the season, the Captains are still having another great season as they are currently 18-5 overall and 12-4 in conference play.

If the Captains can capture two more wins this season, it will secure a fourth straight 20-win season for the Captains. No other team in the CAC currently has more than two straight 20-win seasons.

Some of the Captains' key pieces to their success this year has been the duo of Aaron McFarland and Spencer Marin. All-CAC performer McFarland is averaging 17.2 points per game and pulls down 5.3 rebounds per game.

McFarland has also been shooting extremely well from behind the arc this year as he has connected on 61 of his three pointers and is shooting 60.4 percent. Marin is having the best season of his career.

He is averaging 11.3 points per game and is leading the team in rebounds per game with 7.0 and blocks per game with 1.5.

These two seniors look to cap off their

careers at CNU with a third straight CAC Championship.

The Eagles should be quite the test for the Captains. They have won 11 of their last 14 games and are currently 17-6 and 11-5 in conference play, just one spot behind the Captains in the CAC standings.

Some of the players to watch out for on the Eagles are senior Eric Shaw and freshman Drew Johnson. Shaw is averaging 15.2 points per game and just over five rebounds per game.

Johnson is averaging 12.3 points per game and shoots lights out from the three-point line.

He has connected on 74 three pointers this season while shooting 47 percent from behind the arc. The Captains will have to watch out for the three ball.

The Captains hosted the Eagles earlier in the season and handled them easily with a 76-62 win at the Freeman Center. Senior "Big Man" Spencer Marin dominated the post by putting up 13 points and grabbing ten rebounds.

A main key to the game will be winning the rebound battle and bench play. In the win, the Captains out-rebounded the Eagles 51-34 and outscored their bench 42-10.

After the Captains play the Eagles on Wednesday, they will play one of the biggest games of the year on Saturday Feb. 17 as they host York College to cap off the regular season.

With two wins this week they will secure a second seed for the CAC tournament. ■



Senior member of the Men's Basketball team Aaron McFarland has reached 10th in the Universities All-time Scoring List. NICOLE RAMKEY/THE CAPTAIN'S LOG

## A Student Athlete's Cheerleader On & Off Field

Academic support mentors help guide student athletes toward success off the field and inside the classroom.

BY TARYN HANNAM-ZATZ  
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Christopher Newport University's academic support mentors help the student athletes. Each team is given a mentor who works specifically with them and a few other teams. A few of these mentors are Kim Pruden, Kate Gomes and Kilee Weiler.

"I mentor four teams— Women's and Men's Basketball, Women's Lacrosse, as well as Men's Soccer. I help students balance the demand of academics and athletics. I meet with students face to face, email, call and text. Every form of communication is utilized to answer questions, report grades, make recommendations, advise, counsel on best academic practices, just about anything. I also work closely with coaches, as this requires team effort, a bit cliché I know but it is the truth," says Pruden.

The mentors do not stick just to academics, they do whatever they can to help the students they work with.

"My job consists of wearing many different hats and never looks the same from day to day. Every student has a unique set up and needs; some could be solely academic, some need help accessing resources around campus and others need help managing their everyday life. I like to tell people we are the perfect combination of a coach/mom/concierge/

mentor/and cheerleader both on and off the field," says Gomes.

It is easy to see a love for the job they have. "Education is at the core of my values. I love working in the academic environment, am passionate about serving students and am committed to classroom success. Working for over 12 years in higher education, I am here because of the students," says Weiler.

There are so many different reasons why they love what they do. Pruden says, "My favorite thing about this job is knowing I have helped the student. They share triumphs and add that I helped in their success. This is why I have the best job as an educator, help empower others to succeed."

Similarly, Gomes' favorite part about being an academic support mentor is "the students, hands down. Each of them has their own personalities and their own hopes, dreams and challenges.

Discovering each student athlete's strengths and weaknesses and playing off of those are paramount to being



College athletes are much more than just the positions they play in their sports. They have to balance the scholarly side of school, just like any other student. COURTESY OF KENNY KLINE

effective at our job."

The mentors have a tough, but vital role in student athletes' lives.

They support the athletes on and off

the field, in and out of the classroom. Without them, student athletes would face a lot more stress and would not be as successful. ■

# Berlin Brings the Sound

The internationally renowned Berlin Philharmonic Piano Quartet performed five diverse pieces this Thursday in the Peebles Theatre for Newport News residents and Christopher Newport students.

BY KRISTEN ZICCARELLI  
 KRISTEN.ZICCARELLI.17@CNU.EDU

The sound of a fifty-person orchestra is unmistakable, but the harmony produced by a four-person ensemble is unique.

Four musicians came together Thursday night, filling Peebles Theatre with the harmony of a violin, viola, piano and cello. As an ensemble of the internationally-known Berlin Philharmonic orchestra, the Berlin Philharmonic Piano Quartet performed an incredibly impressive program of five diverse pieces to an eager audience.

Existing since 1985, the quartet is comprised of violist Matthew Hunter, cellist Knut Weber, pianist Markus Groh and violinist Andreas Buschatz. Beginning with a traditional Mozart Piano Quartet, the ensemble played for around thirty minutes before receiving a wide round of applause. They continued with two other quartets, an intermission and a final two pieces.

From the beginning, the small size of the ensemble allowed each musician to communicate with each other through eye contact and gestures. The coordination between the string musicians allowed them to stay perfectly synchronized and adjust their technique accordingly.

While all five pieces were quartets, they ranged from the traditional classical genre to modern American instrumentals. Transitioning from the Mozart and Mahler pieces, the quartet intro-



(Top) Berlin Philharmonic Piano Quartet, featuring violist Matthew Hunter, cellist Knut Weber, pianist Markus Groh and violinist Andreas Buschatz return to the stage for their encore performance. (Left) Violist Matthew Hunter plays "Mozart Piano Quartet in G Minor K 478." (Right) Berlin Philharmonic Piano Quartet passionately performs their final piece. KRISTEN ZICCARELLI/THE CAPTAIN'S LOG



"Piano Quartet, Mahler Fragment."

The high-energy staccato, combined with vibrant highs and lows was enough to wake up any drowsy audience members.

Not only is the quartet known for outstanding performances of well-known works of all genres, but they

are also credited with discovering and popularizing previously undiscovered masterpieces.

Their world premiere of American composer Danny Elfman's piece represented the introduction of newer, more modern style that may not be part of a traditional program.

Elfman mainly specializes in film and television scoring and his music falls under the Rock genre.

Although there were many notable moments throughout the entire performance, I was consistently impressed that only four musicians could produce such a full and dynamic sound. Neither of their pieces were familiar to me prior to

the performance; however, the entire show kept me continuously focused and interested.

Their final piece, "Schumann Quartet, Opus 47 in E Flat," brought a wide applause that prompted the quartet to return to the stage for another movement.

The performance of the Berlin Philharmonic Piano Quartet had something for everyone—with distinct styles of each piece and a wide range of genres for any type of music enthusiast. ■





# Life Advice from Ron Swanson

Nick Offerman shares advice, stories and lessons in a Ron Swanson style in his New York Times bestselling memoir, 'Paddle your Own Canoe'.

BY AMY CAMIRE  
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In his New York Times bestselling memoir, "Paddle Your Own Canoe," Nick Offerman (of "Parks and Recreation" fame) bestows upon readers pearls of wisdom that he gathered throughout his humble life. At first I picked it up because, like most everyone with a television, I was a fan of "Parks and Recreation," and found the idea of a memoir by Ron Swanson, Nick Offerman's character on the show, hilarious and absolutely genius.

To my delight, it lived up to my expectations and blew right past them.

The memoir reads almost as if it were narrated by everyone's favorite outdoorsy character, complete with uncensored opinions on everything from beans to women to carpentry.

Offerman splits up the memoir into sections of his life, with titles such as 'Eat Red Meat,' 'Kabuki Farmboy Takes Chicago' and 'Go Outside,' giving an impression that this memoir is not your typical 'rise-to-fame' autobiography.

Offerman leads readers through his boyhood and into his adult life by imparting all the most important lessons he has learned along the way, such as the value of working with your hands, the relation-

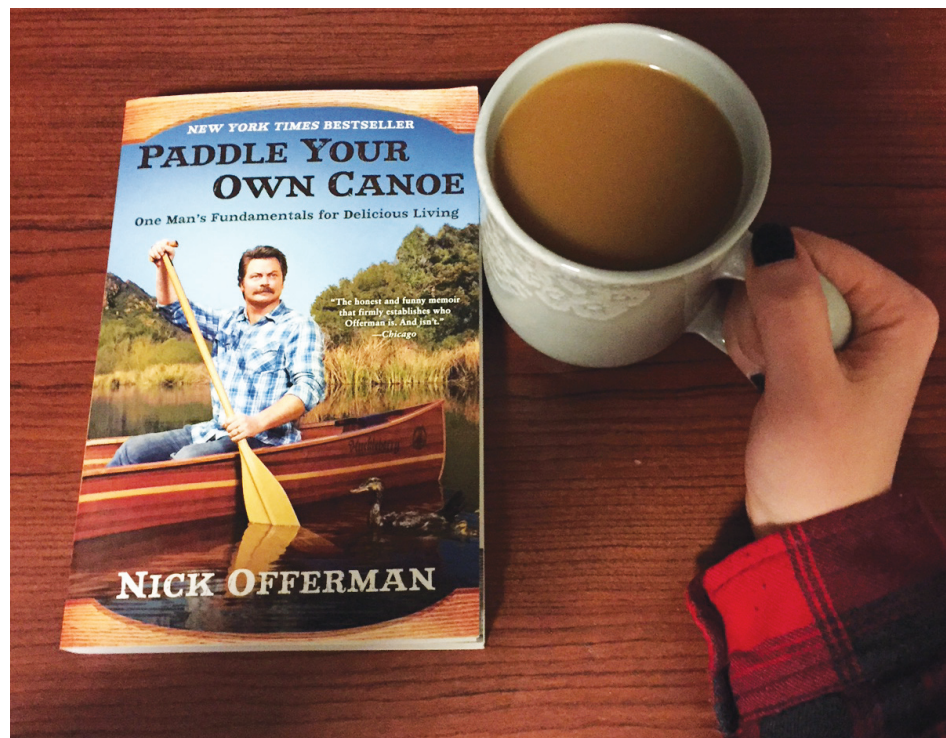
ship people should keep with nature, and—just in time for Valentine's Day—the right way to treat a woman.

The memoir does not come off as preachy. Instead, Offerman offers gentle suggestions (though, sometimes not-so-gentle language is needed to get his point across) about how to live life 'deliciously,' as he puts it in typical 'Ron Swanson' style.

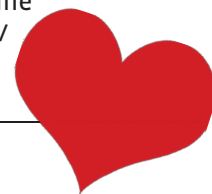
I thoroughly enjoyed the way that Offerman took his upbringing in a small town and made it relatable to the average person. His opinions always come with the caveat that a person does not need to eat red meat and build a canoe from scratch. Instead, it is the moral behind hard work, dedication, and an appreciation for nature that everyone should strive for. Still, I did come away from this memoir with the sudden desire to build furniture out of oak and hike a mountain pass.

As the subtitle on the cover states, this memoir is simply 'One Man's Fundamentals for Delicious Living.' ■

*'Paddle Your Own Canoe' is available for purchase on Amazon.*



The book, by Nick Offerman, sits in its rightful place, atop a fine piece of wood, surrounded by flannel and coffee. AMY CAMIRE / THE CAPTAIN'S LOG



## It's Reel Love, Baby

From star-crossed lovers to law school to cannibalism, these top 10 movie picks will be sure to please you, no matter your relationship status this Valentine's Day.

BY AMY CAMIRE  
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It's that time of year again, so what better way is there to spend it than cuddling up next to a significant other or a group of best friends? By watching one of these tried-and-true Valentine's Day films! From romantic to comedic, these films are sure to get you in the Valentine's Day mood.

### 1. The Notebook (2004)

dir. Nick Cassavetes

Let's be honest, would it be Valentine's Day without this tear-jerking chick-flick? Offer your partner a tissue while two star-crossed lovers try to overcome differences, distance, and old age. Complete with love letters, disapproving parents, and Ryan Gosling rowing a boat, this film is a sure-fire hit for your romantic evening.

### 2. Carol (2015)

dir. Todd Haynes

It's a Christmas movie, a Valentine's Day movie, an action movie, AND a love story all wrapped up into one Oscar-winning powerhouse of love and excitement. Carol and Therese fight for a forbidden relationship amidst private investigators and social norms, a fight which culminates in a love story that will meet the needs of any couple.

### 3. The Princess Bride (1987)

dir. Rob Reiner

An oldie but a goodie, Wesley and Buttercup's dedication to each other prevails as one of the funniest, most romantic

adventures ever told. What Valentine's Day is complete without oaths of devotion and giant, man-eating rodents?

### 4. Beauty and the Beast (2017)

dir. Bill Condon

Whether it's the nostalgic animated version or the more recent Emma Watson re-creation, it's hard to hate this Disney classic. You can laugh, you can cry, and you can sing along, making "Beauty and the

Beast" perfect for any Valentine's Day movie night.

### 5. Legally Blonde (2001)

dir. Robert Luketic

Maybe you're spending Valentine's Day alone. No big deal, just cuddle up with a box of chocolates and enjoy a movie all about a young girl learning that she doesn't need a relationship in order to be happy, successful, and great at using an exhaustive knowledge of fashion to win court cases. What, like, it's hard?

### 6. Bridesmaids (2011)

dir. Paul Feig

Are you and your friends celebrating the holiday one day early? Then "Bridesmaids" is the perfect addition to your Gal-entines Day! A group of women bonding over dresses, relationships, and food poisoning will have you and your friends laughing and cheering.

### 7. 50 First Dates

dir. Peter Segal

Adam Sandler isn't the first name that comes to mind when people think about this touching, heart-warming romance. However, in this film Sandler plays a man dedicated to making his girlfriend fall in love with him all over again after a tragic accident impairs her short-term memory. This mix of romance and comedy creates a story that all dates will love.

### 8. Pride and Prejudice (2005)

dir. Joe Wright

Are you and your beaux literature buffs? Or maybe you both just appreciate a good Kiera Knightly movie? "Pride and Prejudice" combines wit, female empowerment, and touching romance as it follows the story of Elizabeth Bennet and Fitzwilliam Darcy as they waltz their way through society's norms.

### 9. The Fault in Our Stars (2014)

dir. Josh Boone

Some lessons in love can be learned from the tragic story of Gus and Hazel as they try to cope with cancer diagnoses and teenage love all at once. This movie is sure to stir up some feels and make you appreciate the love in your life.

### 10. Silence of the Lambs (1991)

dir. Jonathan Demme

Although an unusual take for this list it seems more and more couples are starting to watch horror movies on Valentine's Day. This psychological thriller about a strong female heroine in a world of psychopathic killers was released on Valentine's Day for a reason: scared cuddling. More than that, its subversion of romantic comedy tropes make it an interesting addition to any Valentine's Day movie marathon. ■

## #CJStrong

CNU student CJ Buechner battles Acute Lymphoblastic Leukemia, receiving endless support from friends, teammates and family within the Christopher Newport community.

BY KATIE KRYNITSKY  
KATIE.KRYNITSKY.14@CNU.EDU

"I was diagnosed with Acute Lymphoblastic Leukemia, commonly known as A.L.L.," says CJ Buechner, senior at Christopher Newport. "My first reaction was shock. Not really fear or anger, just shock and disbelief."

Although Buechner was not able to return to campus or attend classes for the Spring 2018 semester, his friends and family at CNU made sure to let him know he had not been forgotten.

"He's had a huge impact on the school, from PIKE [Pi Kappa Alpha Fraternity] to Men's Lacrosse, so his support system is bigger than anyone can really imagine," says close friend Beth Delaney.

Buechner's family moved to Wisconsin last year, so he has been far away from his home in Newport News since the diagnosis.

"The support I've received from everyone has been incredible. I've gotten a ton of care packages and letters, and the amount of people who have reached out over social media has been absolutely amazing," says Buechner.

"On New Years Eve, I was out with friends when I found out about his diagnosis," says Delaney. "It didn't really register until the next day. I looked more into just what that type of leukemia was, and understood how serious it was."

From classmates to lacrosse teammates to childhood friends, CJ has received constant support and prayers since the day of his diagnosis.

"CJ and I have been teammates and neighbors since middle school. He is like an older brother to me," says Clay Miller. "It really put life into perspective when we got the news; it was so sudden. His whole 'family' back in Stafford [Virginia] is praying and cheering him on."

Both Buechner and his friends and family have made adjustments since this life-altering diagnosis.

"Things are very different without him here," says Delaney. "He was my lunch date every Tuesday and Thursday for about a year. Most Thursday nights, instead of going to Brickhouse like many college students do, we would go to his house to hang out. He was also always the one making plans for our friend group, so without him here, we were lost at first. I've definitely missed my buddy."

Senior Kayla Hawkes started a t-shirt benefit throughout the month of January, raising money for Buechner and his family. The front of the shirt read 'No One Fights Alone' and the back had a Leukemia Cancer Awareness flag, along with #CJSTRONG. The shirts were sold for \$20, with an additional \$5 for shipping.

"I was touched that someone started that. Kayla has a huge heart, and it's raising a lot of money for CJ. I bought one immediately," says Delaney, "and from the t-shirts alone, it's been obvious how great of a support system he has here at CNU."

After many visits to hospitals and medical centers, Buechner recently found that his specific type of leukemia is resistant to chemotherapy.

The way to achieve a long term cure if the following sets of chemotherapy fail to send him into remission is a bone marrow transplant.

"The odds of someone I know being an exact match to me are very slim," says Buechner. "It's not like blood where there is a specific type."

Buechner periodically posts updates about his battle with cancer on his CaringBridge webpage.

Although the treatment process for Buechner may have changed, his attitude remained just as positive and hopeful as it was from day one, adding "Keep praying!" to almost every post.

Buechner encouraged everyone to sign up for bethematch.org in order to see if they were a possible match for not only him, but anyone going through the same illness in need.

A GoFundMe page, which has currently raised over \$5,000, has also been created to help financially support the Buechner family. ■



(Top) CJ waits in the hospital room with Chase Worley and Keni Nodland. (Left) CJ shaves his head in preparation for chemotherapy treatment. (Right) CJ cuddles with the family's newest addition, Opie. PHOTOS COURTESY OF CJ BUECHNER

# Give a Perfect Valentine's Day Gift

Get creative and give more than roses, chocolates and 'I love you' cards this holiday.

BY ANNA DORL  
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Looking for something special for your Valentine this year on a college student budget? It is time for some ideas that won't break your bank account, but will still have meaning.

You can never go wrong with flowers and chocolate.

They're usually inexpensive as well as timeless and classic. They always say, "I'm thinking of you."

Pick them up at any grocery store for under \$10 or \$15, like Harris Teeter or Walmart.

Save your sweetheart a few dining dollars with Chick-fil-A's annual Valentine's Day deal.

At certain locations, they offer heart shaped boxes that contain your choice of 30-count nuggets, 10-count Chick-n-Minis, or 6-count Chocolate Chunk cookies. You've probably seen this next idea all over social media.

Take different types of candy or snacks, tape them to a poster board and write out a cute sentence, such as "I love you to (Reese's) Pieces!" or "You're my (Sugar Baby)!"

It's the "sweetest" way to tell your Valentine how you feel about them this holiday.

A gift card to your special someone's favorite coffee shop, ice cream place or fast food restaurant paired with a handwritten note is always another good idea.

You can choose the amount on the gift card and make it enough for them to treat themselves, or you can put enough on there to cover a date for two.

Edible Arrangements can be expensive, so why not make your own with candy? Take wooden skewers and tape fun-size candy bars to them, creating a bouquet.

If you want to be a little healthier, you could buy pre-cut fruit and use that instead.

If you're short on cash and can't really afford to give your Valentine something material this year, give them the gift they can't get anywhere else — time spent with you! Spending quality time with someone is a perfect way to say, "I love you", whether it's just Netflix, a study date or a walk in the park.

Take advantage of a weekend or a canceled class to take your Valentine somewhere fun.

No matter what you decide to do for your special someone this Valentine's Day, the best gifts come from the heart. ■



A DIY bouquet of candy bars is one of the many ideas for what you can get your Valentine. COURTESY OF WHATTOEXPECT.COM

## Alpha Phi Spreads Love and Awareness

Sisters of Alpha Phi held Alpha Phi's Love Week 2018 Feb. 12-14 to raise awareness for women's heart health and raise money for their philanthropy, Alpha Phi Foundation.

BY KATIE KRYNITSKY  
KATIE.KRYNITSKY.14@CNU.EDU

Monday through Wednesday this week were dedicated to heart health in honor of Valentine's Day.

On Monday, Feb. 12 sisters of Alpha Phi sold stickers and buttons during tabling hours from 11 a.m. to 2 p.m. in the DSU breezeway for \$1 each.

They called this specific event Keep The Beat, a tagline often used in association with heart health, encouraging students to donate by purchasing the stickers and buttons.

Later from 7:30-8:30 p.m., Alpha Phi member Tam Ly instructed a free Zumba class in the Studio Theater (previously known as the Black Box Theater). This event was titled Move Your Phi'T.

On Tuesday, Feb. 13 sisters tabled

in the DSU breezeway again, this time passing out dark chocolate and thin strips of paper with facts on them, spreading helpful and insightful information about heart health from 11 a.m. to 2 p.m.

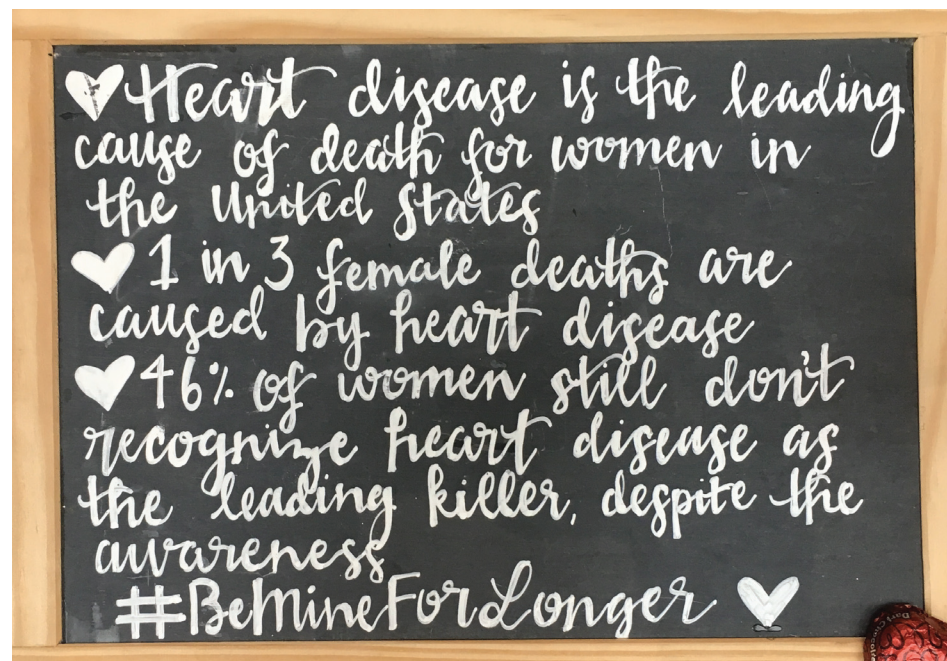
This was called Take Heart Take Part.

To wrap up their three day event, Wednesday, Feb. 14 they sold roses in the DSU to celebrate Valentine's Day.

At \$3 a flower during this Flower Gram Sale from 11 a.m. to 2 p.m., all proceeds went toward the Alpha Phi Foundation. ■

This handwritten chalkboard includes facts about heart disease found in women, and the hashtag #BeMineForLonger.

KATIE KRYNITSKY/THE CAPTAIN'S LOG



# 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](mailto:clog@cnu.edu)

**Interested in:  
Writing,  
Editing,  
Design,  
Photography,  
Video,  
Digital content,  
Business or  
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