



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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COURTESY OF PATRICK DUBOIS/CNU OCPR

TAKING DOWN THE QUEEN BEES

The Captains avenged a 4-0 loss last season to Lynchburg in style by slipping past the reigning national women's soccer champion Hornets 3-2 in overtime.

BY ROBERT SMITH
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Going into a game against the defending national champions, any team would normally have extreme doubts about their chance for victory.

The women's soccer team dispelled those doubts for a devoted home crowd as they took down the reigning Lynch-

burg Hornets in a thrilling 3-2 overtime victory on Oct. 19.

Before taking on the Hornets, the Captains were hoping to continue their hot play as they traveled to face Wesley on Oct. 17.

After defeating Wesley 2-0 in a Saturday evening affair—with goals by forwards Victoria Perry and senior Shaydah Naraghi—the Captains had a

quick turnaround to prepare and face Lynchburg the next day.

Going into the game the women's soccer program sported a 10-3-1 record and sat atop the Capital Athletic Conference. Winning their last five games, the women looked to make it six on a cold night at Captains Field.

SOCCER CONTINUED ON PAGE 10

Meet the 10 members of CNU's 2015 Homecoming court by turning to **PAGES 8 AND 9** and checking out our **FACEBOOK PAGE**, where we have video interviews with each candidate.

YOUR GUIDE TO CNU'S HOMECOMING

OPINION: With a week packed full of major CNU events, navigating what to do and where to go can get hectic. But this week, it's important to take some time to participate and enjoy Homecoming.

BY JOSH REYES
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We've got a big week ahead of us. By the time this piece makes it to print, we'll be in the full swing of Homecoming—king and queen ballots will be open, the spirit signs will line the plaza and final preparations for one of CNU's busiest weekends will be underway.

There can be a lot to digest, and it may be overwhelming, but the key to Homecoming and its success is our participation. Take some time this week to engage with campus and embrace what Homecoming has to offer.

Homecoming's value

Homecoming may seem campy and like something meant for high school hallways, but its value lies in the unity it brings to campus. Alumni from all years come back, families visit and faculty and staff make rare weekend appearances at school.

HOMECOMING CONTINUED ON PAGE 3

Weekly pic

Members of the Homecoming Court were revealed at an event on Monday. The candidates for Homecoming King and Queen broke through a banner while students cheered and members of the marching band played. Photo by Macy Friend/The Captain's Log



Online this week

Check out these videos on our Facebook page.



Yell Like Hell

CNU TV's Evan Thorpe takes a look at Yell Like Hell where organizations chanted their support of their Homecoming candidates on Tuesday.



Homecoming Court profiles

Check out The Captain's Log's Facebook page to view profiles on all candidates.



Behind the scenes of Homecoming coverage

See how The Captain's Log and CNU TV is covering Homecoming events and activities in a behind in the scenes video created by CNU TV.

Homecoming coverage

Check our website, Facebook and other social media for coverage of Homecoming and its various events. Check next week's paper for stories on Glow in the Darcappella and CNU football, along with other happenings from the week.

Happened

Oct. 19

Living the Dream with Gamma Phi Beta

Monday, from 6-8 p.m. in Freeman 201, the sisters of Gamma Phi Beta held a crafting event for their local philanthropy partners, Girls Inc.

Oct. 19

The Pink Room Documentary Screening

Monday evening, at 7 p.m. in Freeman 202, the CNU chapter of International Justice Mission hosted the screening of the documentary that centers on the issue of child sex slavery in Svay Pak, Cambodia.

Oct. 20

Homecoming Candidate Reveal

Monday afternoon, on the York Lawn, the student candidates for Homecoming 2015 were revealed. Nominated students will represent their respective student organizations in the upcoming Homecoming events.

Oct. 21

Where is the Line Presents: The Shadow Event

Tuesday evening, at 17:30 p.m. in the Concert Hall, Where is the Line presented this event which gave sexual assault survivors a chance to share their stories behind a lit curtain. Musical performances were held throughout the event.

Happening

Sept. 21 - Oct. 24

Elaine Viel: A Retrospective

Alumni and previous Falk Gallery Manager, Elaine Viel, continues to host her art exhibit, "A Retrospective" in the Ferguson Center's Falk Gallery. She will speak in an Artist's Talk on Saturday, Oct. 24, at 2 p.m.

Oct. 22

"Liberal Education and Its Critics"

Today, in the DSU Ballroom, CNU's Center for American Studies will host its 9th annual Conference on America's Founding Principles and History. The conference will feature keynote speakers Greg Lukianoff and Matthew B. Crawford.

Oct. 23-25

Homecoming 2015

The wait is over as CNU kicks off its Homecoming 2015 celebrations this weekend, with the golf cart parade beginning at 5:30 p.m., followed by the football game at 7 p.m. in Pomoco stadium.

Nov. 2

Anxiety 101 Workshops

From 6-7 p.m. in the DSU Harrison room, CNU's Office of Counseling Services is holding an anxiety workshop to give students a crash course in learning about their unique or specific anxiety. Additional workshops will be held in December.

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

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

- **Email:** clog@cnu.edu

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

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

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

FROM THE FRONT PAGE

Why you ought
to come out to
Homecoming



HOMECOMING CONTINUED FROM PAGE 1

Homecoming provides some of campus' biggest annual events that gather all types of students. If you're unsure about going to anything, my simple advice is this: Go. The events aren't only fun, they're some of the strongest instances of community on campus. You'll be missing out if you don't go to any events.

Glow in the Darcappella

This is a must-attend event if you go to CNU. Even if you're not super into a cappella or things that glow, this event is fun because of the effort, energy and passion that the performers pour into this one night. CNU's a cappella groups only gather like this once a year, so this is the only time we get to see all the musicians together, and it's a great show. You're bound to hear a song you like, and you'll hear a variety of pieces, ranging from "I want it That Way" to "It's Raining Men" (both of which were sang last year).

It's a difficult event to describe because it's hard to find a comparison, especially with other events on campus, so our recommendation is that you go experience it for yourself this Friday night.

Tailgate

There are tailgates every home game, but the Homecoming tailgate is special. There are more people and more actual adults (parents and alumni) who are usually super-generous with their food and drink. There are more cornhole boards, more stump games and Kan Jams.

Country songs blare a little louder and everyone acts a little bit sillier. The whole atmosphere is livelier and there's more excitement leading up to the game that follows the tailgate.

Football Game

The football team hasn't had its best start this season. After winning its first game against The College of New Jersey, the team lost its next five games. This week, the Captains face Frostburg State, a team that was considered mostly even with CNU in the preseason. Frostburg has gone 5-1 this season while CNU sits at 1-5.

CNU stands to be fired up to win this game and start redeeming its season. The team's victory in week one was its 99th in school history. The players should feel some extra motivation to earn CNU's 100th victory in front of a home crowd on Homecoming night. And they should all appreciate a large, loud audience at this potentially historic game.

Homecoming Court

Even if you don't know anyone on court and if you're not interested in voting, you should still take a moment to learn about the members of the court. The Captain's Log has gotten to know most of these students over the years, and we sat down to talk with each candidate this week. They're all great people who are worth knowing at CNU.

Take some time to look at their descriptions in the paper and watch our Facebook videos with them online. Check out their social events and pages dedicated to Homecoming. Enjoy the ridiculous things – the singing, dancing, commercials and general craziness – they all have to do as members of court. Maybe even take a second to chat with these people – they're all super nice and would love to chat with you.

In the end, they're all positive examples of good people doing good things on campus. If any of them stand out to you, consider voting for them. If not, at least you've become more familiar with people who have positively impacted campus.

Voting for candidates starts Wednesday, and the Homecoming King and Queen will be announced at halftime of Saturday's football game. This is no guarantee, but traditionally (spoiler alert), there is a great fireworks display during halftime.

Make some time for this week

We're all super busy, but Homecoming is an event you have to make time for. Take the time to embrace the week and the community on campus it reinforces. As a student, you only get four chances to celebrate Homecoming, so don't let one pass. Sure, the week is campy and it may remind you of high school, but we're not too grown to still have fun. Homecoming is what you make it, so let yourself enjoy it. ■



Glow in the Darcappella is a unique event on campus that every student should experience. Pictured is Expansion performing at last year's concert. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**



Left: Allie Hackbarth and Emilio Marmol pose after being crowned 2014 Homecoming King and Queen. Right: Taylor Loudan makes a catch at CNU's first football game of 2015. The Captains will attempt to end their losing streak and earn their 100th win at Saturday's Homecoming game. **PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG**

Ramping up recycling on campus

Green Team will be tabling in the DSU through the week to raise awareness of recycling at CNU.

BY ALEXANDER JOSEPHS
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Green Team will host Recycle Week in the DSU throughout the week of Oct. 19 to promote sustainable culture both on CNU's campus and in the community through recycling education. The event is part of a push to bring more recycling bins to campus.

Educating students

Recycle Week combines recycling education with a petition for students to express interest in a greater emphasis on recycling on campus.

The petition specifically calls for increasing the number of recycling bins on campus.

"It's a time for [Green Team] to educate students and staff at CNU about recycling," senior Sommer Clegg, Green Team president, said.

By bringing a practical way to increase sustainability at CNU, Green Team hopes to help



Green Team hopes that educating students on recycling will mobilize support for additional and more prominently located recycling bins to be install on campus. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

decrease the university's environmental footprint.

While the main goal of the event is to educate people on the value of recycling on campus, the Green Team wants to emphasize environmental awareness in general by talking to students in the DSU.

Green Team also plans to organize educational speakers to come on campus sometime in the near future.

A lack of knowledge on the location of recycling bins is another major barrier for recycling at CNU, as students don't always know where the recy-

cling bins are on campus, Clegg said.

"People who are more educated about recycling are more likely to recycle themselves," Clegg said.

Clegg emphasizes the importance of recycling on campus, since "a good amount of other

universities have great green initiatives that stand out."

Bringing recycling bins to campus

Green Team hopes to make recycling more convenient for students as well.

The organization wants to place recycling bins in more visible locations in CNU buildings.

Students sometimes have trouble finding the bins in their current locations, Clegg said.

The organization doesn't have an exact target date yet for when it hopes to have additional recycling bins installed throughout campus, but ideally it will be accomplished by the end of the school year.

The aim is that additional bins in more prominent locations will entice students to recycle more often.

CNU may possibly receive more attention if they become more sustainable, especially for people who are passionate for change, Clegg said.

Green Team will also be collecting recycling during the Homecoming football game, and urge others to volunteer.

Recycling Week will continue through the week in the DSU breezeway from 11 a.m. to 2 p.m. everyday. ■

Conference to explore the value of a liberal arts education

The Center for American Studies' annual Conference on America's Founding Principles and History will feature guest speakers, and CNU students will discuss the importance of a liberal arts education on Oct. 22.

BY RACHEL WAGNER
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What is the future of liberal education, and how will it affect liberal arts colleges like CNU?

The Center for American Studies will hold a conference to address this question on Oct. 22. All of the panels will touch on important subjects relating to college life and academia.

Shop class and campus civil liberties

The conference will see two keynote speakers discuss topics related to liberal education, along with student panels and other speakers.

Matthew B. Crawford will give a speech titled "Attention as a Cultural Problem and the Possibility of Education" at 3 p.m.

Crawford is both a professor

and an author.

He wrote the book "Shop Class as Soulcraft," a look at the economic and psychological value of skilled manual labor.

He holds a doctorate in political philosophy from the University of Chicago.

He currently works as a motorcycle mechanic in Richmond, Va.

Greg Lukianoff will present a keynote speech titled "The Campus Crisis of Freedom from Speech" at 4 p.m.

Lukianoff is the president and CEO of the Foundation for Individual Rights in Education.

The nonprofit focuses on protecting civil liberties in academia.

Lukianoff has been critical of concepts such as microaggressions and trigger warnings, and their impact on freedom of speech on college campuses.

The state of liberal education and the impact of technology

A panel consisting of Peter Lawler, from Berry College, and Joseph Knippenberg, from Oglethorpe University, will critique the current state and future of the liberal education philosophy at 1:30 p.m.

Their speeches are titled "The Role of Liberal Education Today" and "Liberal Education and Citizenship in a Democratic Republic" respectively.

Mark Bauerlein will present his work "Defending the Humanities in a Technocratic World" at 11 a.m. Bauerlein is an English professor as well an author.

He is known to discuss how technology changes interaction between student and knowledge, as well as the influence of social media on student life.

CNU student panelists explore liberal education

CNU students will also weigh in on the value of a liberal education. These three students include sophomore Kari Martin, junior Lili Samious and freshman Rachel Wagner.

The panelists are the winners of an essay contest hosted by CAS in which they submitted a 10 to 13 page research paper on anything related to education in America.

Their papers will be critiqued by CNU alumna Rachel Walker-Kulzick, who is currently a Ph.D. candidate at Purdue for political science.

Martin, an American studies and philosophy major, will be presenting her paper entitled "Homeschooling: Who has the Responsibility for Educating the Next Generation?"

Samious will be presenting

her paper, "Improving Career and Technical Education by Integrating the Liberal Arts."

Wagner, an intended American studies major, will be presenting her paper "The Integration of Career and Technical Education with Academics." Students will present their arguments and research.

"[The student panel] is one of my favorite parts because our students always impress our guests," Elizabeth Kaufner Busch, co-director of the center for American Studies, said.

The CNU student panel takes place at 9:30 a.m.

The conference is free to the public and will take place in the DSU Ballroom.

No reservation is required. ■

Rachel Wagner is a panelist on the event's student panel.

Democratic presidential hopefuls argue issues at party's first debate

Hillary Clinton and Bernie Sanders dominated the two-hour debate on Oct. 13.

BY JACK JACOBS
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Five Democrats argued why they should be the party's candidate in the upcoming presidential elections in a debate hosted by CNN on Oct. 13.

The debate boiled down to a head-to-head contest between Hillary Clinton and Bernie Sanders, who together accounted for about an hour of the two-hour debate.

Suitability

Clinton, former Secretary of State, has been accused of changing her political positions numerous times over her years in public service.

Anderson Cooper, journalist and debate moderator, cited Clinton's opposition to same-sex marriage and later support among other examples.

Clinton responded by saying

that she evolves on issues like other people but remains true to her values.

"I'm a progressive who likes to get things done," Clinton said.

Sanders, a senator from Vermont and self-described democratic socialist, was questioned about the likelihood of a socialist winning a general election.

Sanders said that the key to his victory would be education on what democratic socialism is and youth turnout.

Sanders said turnouts at his campaign events indicated that people respond to his message. He urged ensuring that every family in the United States "gets a fair shake."

Gun control

Cooper questioned Sanders on his pro-gun stance, specifically his vote against the 1993 Brady bill, which would have

mandated background checks and a waiting period.

Sanders countered with his D-minus voting rating from the NRA and claim that the bill was complicated and unfair to gun store owners.

The bill would hold store owners responsible for crimes committed with firearms sold by the store.

Clinton said that the bill, which was considered while she was also a senator, was uncomplicated to her and she voted against it.

The bill passed and went into effect in 1994.

She called for Americans to "stand up to the NRA," and said that most Americans supported background checks.

Foreign affairs

International relations, specifically the civil war in Syria and Russian influence in the conflict, were debated.

Clinton advocated a strong stance against Russia.

She cast herself as experienced in foreign policy due to her work as Secretary of State.



Sanders and Clinton led the debate, discussing their political records and stances on key issues like gun control. JOHN LOCHER/AP

Sanders feared United States involvement in Syria, calling it a "quagmire" comparable to Iraq. He advocated an Arab coalition lead the effort to resolve the Syrian Civil War with American support.

College tuition

On the cost of college tuition, both Clinton and Sanders advocated greater government support for students.

Clinton suggested allowing Americans to refinance college debt into a low interest rate to save money.

She said her plan would allow anyone to go to a public college for free.

Sanders desires making public college tuition free for all Americans but said that only through the combined effort of millions of Americans demanding it.

The next debate

Former governor of Maryland Martin O'Malley, former senator from Virginia Jim Webb and former governor of Rhode Island Lincoln Chafee also participated in the debate.

The next Democratic debate will see Clinton, Sanders and O'Malley face off on Nov. 6.

Webb and Chafee were not invited to debate. Webb withdrew from the race Oct. 20. ■

Student Assembly discusses initiatives

Committees revealed projects under consideration at the meeting.

BY MELANIE OCCHIUZZO
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Student Assembly committees laid out a number of prospective initiatives during its meeting on Oct. 19.

Committee chairmen briefed Student Assembly on projects they plan to explore, though few substantial steps have been taken in individual projects outside of preliminary planning.

Increasing student perks

The Committee for Student Life is exploring the installation of a gun safe in CNU PD's station for students to store firearms on campus.

Another initiative the committee is considering is a project to make using meal swipes a payment option at local restaurants, senior Mike Shaver, chairman of the committee, said.

The committee is also looking into putting more recycling bins in academic buildings.

Shaver hopes to increase meal plan options for Resident Assistants and to replace the furniture in the Tribble Plaza.

East Campus upgrades

The Committee for Academics plans to explore increasing amenities on East Campus.

This includes putting printers in buildings and adding water foundations and vending machines, junior Blake Heflin, chairman of the committee, said.

Adding study rooms to East Campus is being considered as well.

The committee also wants to close the library to the public earlier and is considering a push to keep academic buildings open longer.

Improving Student Assembly

Delegates discussed the possibility of instituting a recruit-

ment chair during the meeting.

Introduced by junior delegate Michael Bamisile, the position is intended to raise awareness of Student Assembly involvement opportunities among the student body.

The motion was tabled pending further discussion among the executive board.

The Committee for Appropriation plans to spread awareness of the conference fund and grant availability to student organizations. No small grant applications came in for consideration.

The next Student Assembly meeting is set for Nov. 2. ■

Shaver, chairman of the Committee for Student Life, is exploring a proposal to make CNU meal swipes a usable payment option at local restaurants off campus. FILE PHOTO BY PATRICK DUBOIS/ THE CAPTAIN'S LOG



Anxiety workshops aim to help students in need

Anxiety 101 workshops assist students in understanding their anxiety.

BY MELANIE OCCHIUZZO
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The Office of Counseling Services is running workshops to help students learn how to deal with their specific anxieties.

The main goal of the workshops is to educate the students on their own special anxieties.

"We want to try and identify [students'] unique anxiety presentation and figure out what might resolve it," Stacey Villanueva, a resident in psychology with the CNU Office of Counseling Services, said.

Two workshops have already taken place.

Students have been very engaged in the workshops and have responded positively to the events, Villanueva said.

The workshops are an open forum for students to talk about their anxiety.

One activity that students conduct is an exercise where counselors say symptoms of anxiety and students raise their hands if they have those symptoms.

The exercise attempts to show students that not everyone who has anxiety has the same symptoms.

"A big piece of this [workshops] is educational. The main focus is to encourage motivation and understanding by the students," Mary Frances Parrish, licensed professional counselor with CNU, said.

Anxiety 101 can be a resource not just for those with anxiety.

Sometimes students attend the workshops to educate themselves to help friends and family who are dealing with anxiety.

During the "Stress Less" Week before finals this semester, the counseling department will be working with the Center for Academic Success to hold workshops similar to the anxiety workshops.

To participate in the workshops, call Office of Counseling Services at 757-594-7047.

The next workshop is scheduled for Nov. 2 from 6 to 7 p.m.

It will be held in the Harrison Room of the DSU. ■

CNU and neighbors

Dean Hughes’ email, “Captains and Neighbors” calls attention to the fact that the college bubble may be fostering a sense of entitlement and me-focused attitudes among students.

LYDIA JOHNSON
STAFF WRITER

College students today are completely focused on their own lives.

They have to keep up with classes, jobs, internships, Greek life, sports, relationships and everything else in between. And most importantly, they have to post their thoughts and feelings on social media for everyone to see. It’s who we are and it’s what we do. But this me-centered lifestyle has some flaws, and the university has noticed.

Dean of Students Kevin Hughes sent an email a few weeks ago titled “Captains and Neighbors.” This email addressed the fact that the Newport News community is frustrated with the way some CNU students have been acting. Dean Hughes said students have been trespassing, throwing loud parties, littering and cutting across people’s front yards. Students have not been showing common courtesy to others in the community. But the issue addressed in this email is bigger than students throwing an all-night rager. The fact is that students live in a self-absorbed environment and it’s affecting their relationships with others.

However, it’s not just the students’ fault. The university atmosphere naturally fosters a me-focused attitude. Students attend school to earn a degree, and they want to focus on their studies and do well for themselves. They attend seminars and workshops to make themselves more marketable in the workforce. Their professors and counselors encourage them to think about their futures and how they can succeed. Students are supposed to think about their own lives during college. Yet when they become so self-focused that they cannot see past their own desires, that’s when problems arise; problems like the ones in Dean Hughes’ email.

On top of this, students generally stick to campus and don’t venture out in the community, which reinforces the self-focused environment.

Students can easily forget that there’s an entire world waiting for them outside the CNU bubble when they never leave it. Students feel no reason to venture off campus when they have everything they need right here. The three-year housing requirement also limits students, especially if they don’t have cars. But when students do eventually go out into the community, they need to put aside their sense of entitlement. At college, you are a customer of the school’s services. The faculty and staff are here to help you and be there for you because you’re paying them thousands of dollars. The real world is not like that. When you leave college, no one will create a comfortable, complacent atmosphere for you.

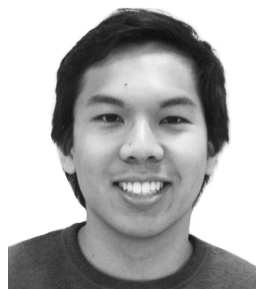
So what can we do about our self-centered lifestyles? Know that college asks you to focus on your own life, but don’t let it cause you to become self-centered. Be aware that the real world won’t coddle you the way school does. Know that you have a responsibility to treat others the way you want to be treated, with respect and courtesy. Try to put others before yourself. And don’t throw obnoxiously loud parties at four in the morning. ■

Speaker series: Let the debate commence

The process of selecting a commencement speaker should be open to students. Think about who you want to speak when you graduate.



Virginia Secretary of Education Anne Holton spoke at last year’s graduation ceremony, which was held for the first time in front of Christopher Newport Hall. BEN LEISTENSNIER/THE CAPTAIN’S LOG



JOSH REYES
EDITOR-IN-CHIEF

Years of study, hours of activities and thousands of dollars culminate at commencement. Getting that degree, saying goodbye to your friends and probably making the last great memories you will ever make at CNU will be incredible moments – nothing can really take these away.

But what could make the day really special and what could make it a day you will never forget is the commencement speech.

The great commencement speeches are played in public speaking classes for years to come. They’re quoted, copied and viewed on YouTube.

In this digital age, commencement speeches can become instant, viral classics that get passed around on Facebook and make everyone who didn’t get to hear that speech at their graduation jealous.

At a school like CNU, we may not have the clout (or money) to get the A-list speakers – the Obamas or Oprahs, Colberts or Mannings (Peyton, not Eli) – but we can still get great speeches. The last few speakers we’ve had have been movers and shakers in the state, but they haven’t always been people who garnered a lot of excitement.

They’re orthodox. They’ve been people who have been documented as friends with President Paul Tribble, political figures and people who match the persona of CNU students, except being a few generations out of touch.

I’ve been to the last three commencements, and honestly can’t remember much because no one really said anything that I didn’t expect to hear.

(The exception to that came in 2014 when Frank Wolf recited most of the lyrics to the chorus of Harry Chapin’s “Cat’s in the Cradle”.)

But looking back to these ceremonies, I never anticipated hearing anything I hadn’t heard before, and I want that to change.

The commencement speaker selection seems highly closed-door. And it has to be hard to find someone to speak, considering travel, timing and the type of person appropriate for this type of speech. So I realize the school can’t just ask students who should be speaker and select the person who gets the most votes.

But students should be part of the process.

In the end, the commencement is a celebration of the graduates, and I’m sure many of the graduates would appreciate having a bit of input on who will speak to them.

The school should do something to open up the process, or at least actively seek and listen to input from students. Maybe allow us to suggest specific individuals, or people from certain backgrounds.

For example, the school could poll students as to what kind of field the speaker comes from: politics, business, arts, sciences, education. Or they could let them request a local hero or an out-of-stater. Or maybe even a student, faculty or staff member from CNU.

As a graduating senior, I want to remember every part of my commencement, and knowing that my class had a role in selecting a speaker would make it that much more fulfilling.

The goal of this series — this piece is the first in the series — is not to campaign for my personal choice for commencement speaker. It’s to create a place for students to put ideas out there and open up the conversation about commencement. I invite you to contribute to the dialogue through this page, through conversations with your friends, through discussions in class, or even through a chat with President Tribble when you see him in Einstein’s.

Next week, I’ll be writing on who I think would make a good speaker, and I’ve been thinking about it for a long time. Think forward to your commencement and who you can imagine providing your last bit of wisdom at CNU.

Once you have an idea, let us know, and maybe we can share it with the rest of campus. ■

Dear white people,

Column: At a majority white school, black students can feel under-represented and misunderstood.



BREA GILLIAM
CNU TV INTERN

What is microaggression?

The other day when I was walking pass Luter Hall a white male student who was walking by me looked at me and sung rap lyrics then pointed at me to finish them. But I did not finish the lyrics because I didn't know them so I gave him a very weird look and walked away. As he walked away he finished the song and said, "dang, it didn't work this time."

Just because I'm black doesn't mean I know every rap song or even listen to rap music. Having assumptions of someone based on their race is racism,

intended or not. Microaggression is a form of unintentional discrimination. Columbia professor Derald Sue refers to microaggression as the "brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward people of color.

Commons examples of microaggression are:

I'm not a racist. I have several black friends.(Having black friends doesn't mean anything)

You don't act black. (How are black people supposed to act?)

Why is your hair curly like that?(Because that's how it is naturally, I will not conform and wear it straight, like "normal" people).

Hey do you play basketball? (Just because I'm tall and black doesn't mean I play)

You talk white? (Am I supposed to talk like a slave that just got freed?)

Can I touch your hair? (No, the answer is always no)

I think biracial babies are really beautiful (So my blackness is only valued when mixed with another race?)

Examples of microaggression at CNU:

What you say: "Do you play football?"

What we hear: Because I am a black male at a predominately white school, I must only be here to play football.

What you say: "Are you one of those AKA's?"

What we hear: Because I am black, I must be in one of those 'black' sororities.

What you say: "Denbigh is sketchy."

What we hear: There are a lot of black, working class people in this neighborhood and that makes me feel uncomfortable.

What you say: "Hey did you hear that new Future joint?"

What we hear: I heard my first hip hop song and I assume you listen to him, so I want you to acknowledge that I listen to him too and therefore I know about your culture.

What you say: "Everything is really great for you now, we have a black president."

What we hear: Having Obama as president should really make you forget the 200 years of slavery your ancestors went through and the discrimination you still deal with.

Victims of microaggression are not being overly sensitive. Some racial microaggressions are so subtle that neither target nor perpetrator may entirely understand what is happening. But microaggressions are harmful to people of color, it makes us feel excluded and like second-class citizens. CNU is a PWI, which means predominantly white institution. This school seriously lacks diversity, so being treated daily like we are abnormal because of the color of our skin is not cool. It's a terrible feeling being watched closely in stores or feeling that any slip up we make would negatively impact every person of color on campus.

To avoid falling into these racial stereotypes one should ask questions. There isn't anything wrong with asking a question as long as it is not based on a stereotype. Another way to avoid microaggression is simply not judging people based on their race or things that you have heard about them.

CNU students, it's time to think before you speak. It's a common saying but put yourself in their shoes.

Not all black people are thugs, hoes, rapists, or robbers. We're actually pretty nice, creative and fun. Get to know us sometime, CNU.

Side note: Please stop touching my hair...especially without asking, that's weird. ■

A piece from Currents



JORDAN ZAVODNY
CURRENTS EDITOR

Currents is an annual publication of CNU students' creative writing, prose and poetry pieces. This year, we are looking to make room for more students to convey their work by posting their efforts in The Captain's

"Like the Leaves Beneath my Feet"

JACK JACOBS

NEWS EDITOR | CURRENTS CONTRIBUTOR

*Your memory haunts my steps,
It reared its pretty head and said
We will never speak again
Like we did on those walks,
Those first steps of a journey
That would one day end,
Past barren trees, through bitter wind,
When the future was as clear
As the autumn air*

*Your memory haunts my steps
Like the leaves above my head,
That morph peaceful green to violent red,
To fall forlorn and brittle, left on the streets
That are miles away, the streets I haven't left
But in my mind retrace the steps
Past barren trees, through bitter wind
To before we lost our luster,
Like the leaves beneath my feet.*



BEN LEISTENSNIER/THE CAPTAIN'S LOG

CNU HC Court 2015

Describe yourself in five emojis

CC



JC



QP



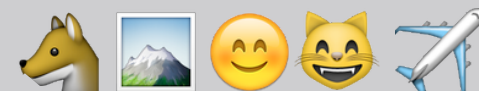
MKH



AH



MKD



HN



JM



RS



ET



CJ Cahill

"Most likely to start a conversation in the hallway"



Annie Hulcher

"Most likely to make you smile"



Hailey Nettles

"Says the most in the fewest words"

Hailey Nettles is a senior from Warrenton, Va. double majoring in social work and psychology. Her reserved personality makes her seem like an unexpected candidate. "I don't like spotlights," she said on the subject of homecoming court, "so I think it's kind of funny." She was nominated by her sorority, Phi Mu. "I'm really honored to represent Phi Mu," she said. But to Hailey, the most important thing is, "people. Like loving the person in front of me in the moment." When she graduates she said that what she will miss most about CNU is "feeling like I'm at home in this big community."

-Bethany Pyle



Jonathan Colb

"Mr. People Person"



Jordan Miller

"Most poetic"

Student Assembly President, active brother of Sigma Phi Epsilon, Resident Assistant—that is just the beginning of what **CJ Cahill** brings to the table at CNU. Majoring in cellular, molecular, and physiological biology and minoring in leadership studies and psychology, CJ is the epitome of a well-rounded CNU student. He seems to have achieved what many students strive for— a lot of work, a lot of passion, and a lot of fun. "I love all of [the things I am involved with] so much," mused CJ, referring to the abundance of activities he participates in on campus, "At CNU I realized that getting involved in things that help me develop as a person, as well as those that let me help others do the same, are the most meaningful."

-Savannah Tilghman

2015 HOMECOMING COURT



Quinton Pace
"Mr. Personality"



Mary-Kate Hovanic
"Most Sparkly"

Jonathan Colb is a people person, and people are his favorite part of CNU. A senior from Colonial Heights reluctantly approaching graduation, he said the thing he would miss most about school is seeing friendly faces everywhere he goes. He also doesn't hesitate to offer his own smile to people, meeting new folks and striking up conversations with strangers as if they were lifelong buddies. Jonathan named his faith, family, friends and fraternity brothers as the most important aspects of his life that have shaped his CNU experience.

Jonathan is representing his brothers in Psi Upsilon. He became a brother his freshman year and is now the fraternity's president. He said he will miss most the "people on campus, they genuinely care and say hello and look up."

-Joshua Reyes

Mary-Kate Hovanic may be the most bubbly, outgoing and friendly senior at CNU. She exudes confidence in her studies as a communications major and is determined to make CNU sparkle. As the Training Manager of CNU Ambassadors, Mary-Kate is currently living her dream, on-campus job and is able to talk about her love for CNU on a daily basis.

When she graduates, Mary-Kate says that she will miss her best friends the most because, as a person who has moved 11 times, she has never had such a tight-knit group of friends.

She is so excited to be representing the sisters of Alpha Sigma Alpha who have shaped her Christopher Newport experience. "It's kind of like a CNU dream that I thought would never happen."

-Madeleine Schuler

5 HOMECOMING COURT



Mary-Kate Dodge
"Most likely to succeed"

Quinton Pace reps SDEC and described being on Homecoming Court as "overwhelming. A mix of emotions." SDEC, Student Diversity and Equality Council, is a new club on campus and has accomplished a lot in its short existence. Representation on Homecoming Court is just "another cherry on the cake," Quinton said. Quinton admits his love in life is candy corn and declares Bach's the best around, but will settle for cheap candy corn at the gas station to get his fix. The biological chemistry major can thank his field of study for the craziest moment in college. On his way to a biology class, Quinton spotted an attractive Captain walking down the hall. "I saw this great person. I was like 'oh, man. She's really pretty.'" She walked into his classroom, and Quinton learned she was more than a pretty face. "It was my professor," Quinton said.

-Jack Jacobs



Rodney Smith
"All-American"



Evan Thorpe
"Class Clown"

Jordan Miller is a Springfield native representing Delta Gamma fraternity, which is something she never saw coming. "I was surprised to be chosen—I never expected to be in this spot," she said. "I'm extremely humbled to be in this position. As a founding member, I've watched this organization grow, and I feel like I've grown with it." Jordan cites joining DG as the craziest thing she's ever done here at CNU. "I was a member of women's basketball for three years and I never thought that was in the books for me, but I've loved it." Other than studying cellular, molecular and physical biology, she loves writing poetry. Jordan aims to publish a chapbook one day. As for the thing she'll miss most about CNU, "free General Tso's chicken every Thursday—it's the highlight of my week."

-Victoria Lurie

Student Honor Council, crew leader, former student director of orientation and club basketball are just the tip of the iceberg for **Mary-Kate Dodge**. She's a senior and environmental biology major and manages to balance her active schedule with an appreciation for the smaller things in life. "I think a lot of times people don't realize how much I observe from them," Mary-Kate said. "I come across as a very extraverted person, but I really enjoy taking the opportunities to sit and observe people and get their side of things and hear their side of the story." Mary-Kate cited her strongest relationship as the one with her mom. She is representing student honor council to bring awareness that "it's not just CHECs, the office does a lot to help student engagement and success."

-Samantha Camilletti

Annie Hulcher is a senior theatre major from Richmond, Va., representing Alpha Psi Omega. Annie is really upbeat about her candidacy for homecoming court. "It's so exciting, I never expected that this would happen. I'm really thrilled to be representing Alpha Psi Omega," Annie said. The most important thing for her is for people to be treated fairly. She likes to see that everyone is treated equally and is happy that the campus reflects that. When she comes to CNU, she explained that she will miss the people the most, "everyone is so supportive, including faculty and staff." Her dream job at CNU would be either a director for Residence Life or a department head for the theatre program. When she's not studying, she works as an RA and is heavily involved in the theatre program.

-Melanie Occhiuzzo

Family and community means everything to **Rodney Smith**, a senior and communications major representing Alphi Phi Alpha. Rodney said he comes from a military background and was always moving around as a kid, but the most important thing to him is "always my family." Here at CNU, Rodney is involved in his fraternity, as well as ROTC and works as an intramural sports supervisor. He said that if he could stay at CNU for the rest of his life, he would want to continue working with intramurals because "when it comes to working, you want to work in something you have fun with. And that's just one thing that I love."

-Bethany Pyle

"They're clean, at least," senior **Evan Thorpe** said. He's in his socks as he's being interviewed, lounging on a couch in the DSU like he's at home. However, past the swagger and high energy is a man who has a firm foundation. "I was raised by two women, my mom and my grandma," Evan said. "And they shaped the way I am today, like take things serious but have fun with it." Family is important to Evan and he cited his home as being the most important thing to him. Just like he was raised, Evan makes sure to bring fun wherever he goes. His dream campus job would be campus emcee. And his capacity to have fun has been there since the beginning. "Freshman year, I would go around Potomac North in a Batman mask and I would sneak into people's dorms and be like 'Where's the Joker?' It was funny. People loved it."

-Samantha Camilletti

Taking down the Queen Bees

The Captains avenged a 4-0 loss last season to Lynchburg by slipping past the reigning national champion Hornets 3-2 in overtime.



Rookie Kayla Locklear gave the Captains hope as she managed to score an equalizer goal in the second half to send the game into overtime against Lynchburg. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

SOCCER

CONTINUED FROM PAGE 1

Things did not look good from the start as the Hornets scored in the first 30 seconds of the game. After the game, sophomore goalie, Carly Maglio said of the early goal, "We can shut down and we can let it get to us or we can attack and keep fighting."

That is exactly what they did.

Offensive leaders Perry, Lindsay Mondloch and Alex Miller all contributed quality chances over the rest of the half, but none of them could squeak by the Hornets keeper.

The Captains finally got one to go their way as a corner from Mondloch found its way to the head of freshman midfielder Gabby Gillis to equalize the score with roughly 10 minutes remaining in the half.

In a last ditch effort to beat the clock before the end of the first half, Lynchburg blasted a shot from 45 yards out and Maglio made the save to end the half in a tie.

This turned out to be a point of controversy for the remainder of the game as Lynchburg believed the ball crossed the line and should have been awarded the goal.

Early in the second half, the

Hornets showed why they are the defending national champs as they scored for a second time in the 59th minute of play.

It panned out much like the Mondloch-Gillis connection in the first half, as the goal was scored off of a set piece.

Just a few moments later, Perry—the team's leading scorer—sought to include her teammates in the mix as she assisted the home team's second goal of the game to freshman forward Kayla Locklear.

With the game tied, and two goals in the Captains corner, momentum began to switch back to the home side.

As the game continued, both sides exchanged opportunities, but they were to no avail as both goalies were strong in net on such a cold night. Late in the second half, Maglio made three incredible saves to keep her ladies in it with under 10 minutes to go.

The first of which was with four minutes remaining on the clock as Maglio punched the ball off a dive and it struck the left post and rolled onto the goal line for a moment. Maglio quickly jumped up and dived on the ball just in time as two Hornet strikers looked to end the game there.

Just moments after that on

a Lynchburg corner, Maglio punched the ball out of harm's way, and the Captains managed to clear and prepared for overtime.

After the game, Maglio reflected on those saves. "All I can think about is, we are not losing this game on our home field. Nothing else is going through my head but the ball. I don't know, you just do it."

It took only two minutes for the Captains to fulfill the large crowds chants of "I believe that we will win" as Gillis put the ball in the back of the net to end the Hornets hopes of beating the Captains yet again.

As the ball connected with the nylon the fans stormed the field in a frenzy of excitement. Suddenly, it wasn't quite that cold outside anymore.

Maglio believes that this victory was a sign for how the team will do for the rest of the season.

"I think this weekend as a team we completely turned around as a whole, we're the number one team in the conference... it's definitely the start to something big."

The Captains will be back in action on Oct. 21 at 7:00 p.m. against Salisbury. The Seagulls currently stand 4-1-1 in conference play. ■

XC excels at home meet

Both cross country teams find success as they finish first at the final race before the Capital Athletic Conference championship.

BY SAM CAMILLETTI
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After a well-deserved break, the Captains returned to action at their annual home meet on Saturday, Oct. 17th at Lee Hall Mansion.

The men's and women's team placed first among the Division III teams, while placing second and third overall, respectively.

The men's 8K race began at 11am. Setting the pace once again for the Captains was sophomore Grayson Reid with a final time of 25:47. Reid was recently honored with the CAC Athlete of the Week award following his performance at Paul Short.

Junior Billy Rabil led the 26-minute wave with a final time of 26:01. Finishing third for the team was junior Andrew Benfer, who clocked in at 26:03. This was also a PR for Benfer. Sophomore Daniel Read was close behind with a final posting of 26:11.

Freshman Peyton Artz crossed the line soon after with a time of 26:36. Rounding out the top seven were juniors Zach Campbell and Charlie Pruitt, who both finished with times of 26:56.

The women's 6K race began soon after. Continuing her strong senior campaign, Lydia Cromwell led the Captains with a final time of 23:19. Cromwell also received the CAC Athlete of the Week award for the second time in her career.

Also in the 23-minute grouping was junior Logan Harrington (23:34) and sophomore Hannah Bullen (23:56). Junior Emmie Schmitt led the next wave with her final time of 24:11.

Freshman standout Abby May clocked in next at 24:30. Senior Alexa Tabackman closely followed May with a final time of 24:37, while fellow senior Graciela Syler finished a mere ten seconds later.

CNU's Invitational also offered a 3K co-ed open race that began at 12:30. Sophomore Cullen Monahan had a particularly strong performance with a final time of 9:55. This is a new PR for Monahan.

The Captains now have a two week gap to prepare and fine-tune their performance before heading into the championship season on October 31st. The Capital Athletic Conference title meet will be held at Jefferson Patterson Park in St. Leonard, Maryland. The women's 6K race is set to begin at 10:30. ■

Box Score

Men's soccer

Oct. 14: CNU at St. Mary's College 2-1 W
Oct. 17: CNU vs. Wesley College 2-0 L

Women's soccer

Oct. 14: CNU at St. Mary's College 2-0 W
Oct. 17: CNU at Wesley College 2-0 W
Oct. 18: CNU vs. #4 Lynchburg College 3-2 (OT) W

Football

Oct. 17: CNU at Montclair State University 32-22 L

Field Hockey

Oct. 17: CNU vs. Denison University 3-2 (OT) W
Oct. 19: CNU vs. #18 Catholic University 1-0 W

Volleyball

Oct. 14: CNU vs. University of Mary Washington 3-0 W
Oct. 17: CNU at Penn State Harrisburg 3-0 W
Oct. 18: CNU at St. Mary's College 3-2 W

Unlucky number 13

Since being ranked 13th, the men's soccer team has gone 1-1—including its first loss of the season to Wesley 2-0.

BY BEN LEISTENSNIER

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The chance for an undefeated regular season slipped away from the 13th-ranked men's soccer team on Oct. 17 as the Captains dropped their first game of the year to visiting Wesley, 2-0. In addition to it being their first loss, it was a major setback for the team in Capital Athletic Conference standings.

Before taking on the Wolverines, the Captains did have some success as they beat St. Mary's 2-1 in a road victory on Oct. 14.

It didn't look like that would be the case at first, however, as the Eagles scored two minutes into the game off of a misplayed clearance by rookie goalie Zach Pedini in his first career start.

After that early mistake, Pedini came back to make two saves—including an incredible save against the CAC's leading scorer in the final minute to secure his first win.

While Pedini held his own in the net, the Captains offense continuously pressured the Eagles' goalkeeper, outshooting their opponents 25-9. Despite this onslaught, the Captains were unable to score until the 68th minute of the game when CNU was awarded a penalty kick.

A well placed kick from senior forward Ryan Balfour tied the game and gave Balfour his fifth goal of the season. A goal from fellow Briton junior midfielder Harry Nodwell in the 84th minute eventually secured the victory.

Many aspects of the St. Mary's game were seen the in the Captains' next game against Wesley.

Although the CNU offense once again managed to outshoot their opponents, they fell behind 1-0 early with the Wolverines scoring within the first ten minutes.

This time, however, they could not find the back of the net. Coming close several times to equalizing, including a header by Nodwell called offsides, their chances looked even worse once Wesley added an insurance goal in the 64th



Midfielder Harry Nodwell has three assists and two goals on the season, including the gamewinner against St. Mary's on Oct. 14. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Up Next

#25 Salisbury



Overall Record: 9-3-1

Away Record: 3-0-1

Averages 1.5 goals/game

Outscored opponents 20-10

Series record: 14-16-2

Last matchup: 2-0 CNU

minute.

The loss broke the team's 22-game unbeaten streak, tied for the longest in CNU history. It also dropped the Captains to 10-1-4 overall and 3-1-2 in the conference—which places them third in the standings.

The Captains will have a chance to claw their way up the standing as they host 25th-ranked Salisbury—a team that is currently second in the conference—in the team's final home game of the regular season on Oct. 21.

The two teams have a long and close history, as their overall series record stands at 14-16-2, with Salisbury holding a slight advantage. The last time that these two teams faced, however, it was CNU that came out on top when the Captains beat the Seagulls 2-0 in the CAC semifinals last season. ■

Lucky number 13

Since being ranked 13th, the field hockey team has won two in a row—including a 1-0 victory over Catholic.



Sophomore Carol Thompson—who leads the team with eight goals—proved to be the overtime heroine against Denison. BEN LEISTENSNIER/THE CAPTAIN'S LOG

BY BEN LEISTENSNIER

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The field hockey team had a very successful week as the 13th-ranked Captains managed to beat Denison on the road 3-2 in overtime and Catholic in a close 1-0 home victory.

The Captains' week started with the team traveling to Harrisonburg to take on Denison. The Captains found themselves in an early deficit as the Big Red scored in the 15th minute of play.

A goal by freshman defender Brittan Muir—who now leads the rookies in goals scored—with less than five minutes before the end of the half ensured that CNU entered the break tied.

The tie didn't last too long as Denison once again started strong, scoring their second goal a few minutes into the half.

This time, it was a veteran who erased the deficit. Senior attack Lauren Cheatham, who finished the game with four shots on goal, managed to beat the goalie with just under 15 minutes remaining in regulation to bring the score to 2-2.

Neither team was able to break the deadlock, so the game was forced to go into overtime.

Sophomore attack Carol Thompson proved to be the one to save the day as her goal less than seven minutes into the period gave CNU the win. Thompson has quickly become a major offensive threat for the Captains as she leads the team in goals with eight.

After the thrilling victory, the Captains had to prepare for an incredibly tough game as they faced 18th-ranked Catholic in a top-20 matchup.

Unlike the Denison game, the Captains managed to get on the scoreboard first. Muir once again pulled through

Up Next

#15 Mary Washington



Overall Record: 11-3

Home Record: 5-0

Averages 4.6 goals/game

Outscored opponents 60-11

Won five straight

Series record: 10-5

Last matchup: 3-0 CNU

for CNU and found the back of the net with just over a minute left in the first half.

The game, despite only ending in a 1-0 victory for CNU, was overwhelmingly in CNU's favor. The Captains outshot the Cardinals 16-6 and had a 10-5 advantage in corners.

The Captains currently stand in a tie for first place in the Capital Athletic Conference against Mary Washington. That tie will be broken on Oct. 21 as the Captains travel to face the Eagles at 4 p.m. ■

concerts

Oct 23
Glow in the Darcappella
7:00p.m., Concert Hall

Oct 24
Magic Men Live!
8:00 p.m., the Norva

in theaters

Oct 17
"Crimson Peak" Rated R
"Bridge of Spies" Rated PG-13

on campus

Oct 21
RHA S'mores
7:30p.m., JR Courts

Oct 21
Shadow Event
7:30p.m., Ferguson Center

ALBUM REVIEW: SELENA GOMEZ, REVIVAL

BY KALIENA DIMAANO
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As with most pop albums, this one has a mix of fun dance songs and slow, emotional songs. So far, the album boasts two very successful (and aforementioned) singles, but they are just the surface of the beauty that is *Revival* (Deluxe). Although I am not a huge fan of every track, each one is worth a listen. If I were to pick a few favorites to listen to, they would be "Revival," "Camouflage," "Survivors," "Me & My Girls," "Rise" and "Nobody."

"Revival" is a fantastic song about rediscovering yourself and embracing and celebrating that fact. It's a great pick-me-up song in the morning or on a gloomy day. In that same vein, "Survivors" has a catchy beat and is a song about a support group of people who have helped survive "the wild," which could be anything really. It's a song with a message that a support system is all you need in order to rebuild yourself.

"Me & My Girls" is the song that comes in after that person has rebuilt themselves and gotten out of their unhappy relationships, and is just out to have fun. It's a pure girls' night out (my favorite line is "no jodas nosotros," which is the crude Spanish way of saying "don't mess with us") and is about how sometimes you just need to embrace your sensuality, dance a little too much, and go home to your own bed by yourself.

"Camouflage" and "Nobody" are two slower tracks on the album. They see love from two very different perspectives – "Camouflage" is how the narrator feels like they don't recognize the person they're in love with anymore, while "Nobody" is how their partner is the only person they can imagine loving them. They're both emotionally stirring and just all around fantastic tracks.

To go along with the theme of rebuilding yourself is "Rise," the last track of the album. The song starts off with a beat that makes you want to sway and close your eyes as Gomez sings about the choices you can make in life. When the chorus hits, the song feels transformed—maybe on purpose, considering the theme is rising as something better and stronger?—and the song speeds up just enough to convey a beautiful summer day driving around with the windows down. Unfortunately, that speed doesn't stick throughout the whole song, so it would really only work if your trip was twenty seconds long. It's still a pretty great song, however, and I would highly recommend it for a gloomy day. ■

RATING:



He came, he slammed, he conquered

CAB hosted slam poet Kit Yan, whose poems shattered ideas of gender perception.



KIANA MCKENNA/THE CAPTAIN'S LOG

BY SAMANTHA CAMILETTI
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Kit Yan is a Hawaii-born, New York-raised, queer transgender Asian poet. And that's just the tip of the iceberg.

Behind the laundry list of packaged adjectives lies an incredibly resilient person who turned to poetry as his medium to express the pain, anger and joy, in finding himself. Yan invited the audience to peer down his rocky road to acceptance, where little makes sense and the odds are constantly stacked

against him.

While his poems weren't the most cleverly constructed, the passion and rawness evident in his performance made the journey worthwhile. In about an hour's time, Yan provided small snapshots of his life leading up to present day—his realization. When he still went by Laura, gender was too much of a constructed concept, and his poems attacked everything from society's relation to gender, to his own relation to it, providing the audience with snapshots into his struggles with testosterone

injections and the reconciliation with accidentally being referred to as "she" and his discomfort with doctors using his body as a case study when all he wanted was to live a comfortable life.

It became obvious that Yan's family was a significant part in finding comfort, especially his mother and younger brother Edwin. Throughout, Yan described a family that was close despite the struggles they faced, like the "sting of poverty" and the encounter with discrimination that "killed [his] father long before he got to the hospital."

Yan was always sure to weave humor into his performance. His quips and stories of tortoise sex and speed dating mishaps showed that not all of his transformation was painful.

His story involving his first Jeep is yet another example of humor interwoven with levity. Yan heavily decorated both the bumper and sides of the car with stickers. "[The stickers] said everything I wanted to say before I knew what it meant," Yan said. But he learned the price of free speech after his jeep was vandalized and the authorities didn't deal with the hate crime properly. After, Yan said he longed for a place that proclaimed: "come as you're changing, come as you are, come because you are welcome; you are home."

Overall, Yan was a marvelous reminder that struggling is normal, natural, even, and only through adversity do we gain the knowledge and wisdom that can then be passed to others. Yan's story excited, terrified, stole breath away, and gained a well-deserved standing ovation at the end. His courage and endurance is remarkable, and something to be strived for. ■

Annual a cappella concert set for Friday, Oct. 23.

BY HUNTER WILLIAMSON
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"The CNU a cappella community is holding their 6th annual "Glow in the Darcappella" in the Ferguson Center this Friday at 7:00 p.m. As per tradition, the entire concert will be under blacklights and accompanied by a light show.

Come out and show your support for all your friends in the a cappella community and to enjoy the biggest a cappella concert held here at CNU!

Tickets will be on sale in the DSU Breezeway for the rest of this week until the concert, \$10 for CNU Students and CNU Alumni, \$20 for everyone else. Grab one before they sell out!

If you already have your ticket, be sure to get to the concert hall early—seats fill up fast. Besides, if you're stuck in line outside you may miss the pre-show performance by Hypnotic Control.

If you would like more information check out our Facebook event "GLOW IN THE DARCAPPELLA 2015." Hope to see everyone there!" ■



The Newport Pearls—one of the two all-female a cappella groups—perform at last year's Glow in the Darcappella. File photos BENJAMIN LEISTENSNIER/THE CAPTAIN'S LOG

THE TAKING DOWN OF “NOISES OFF”

While most students departed for fall break, “Noises” cast and crew stayed behind.

BY MADELEINE SCHULER
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The curtains close. The applause dies down. The lights go up. Then what?

Somehow one set disappears and the next materializes a few months later accompanied by another perfected performance. Due to this seemingly effortless appearance, it is easy to get wrapped up in the plot of a show and not realize the amount of work that goes on behind the scenes and in between various productions. What many people are unaware of is the very long process about to begin after the last audience member files out of the theater on closing night. This procedure is what cast and crew call “strike”.

Due to the technical director’s (Professor Sweet) impeccable organization, strike usually takes between two and a half to three hours to complete. For TheaterCNU’s last production, “Noises Off”, it took exactly three hours to dismantle the entire set.

“Professor Sweet is very well-planned and good at assigning us all very specific jobs so it can

go quickly and no one will get hurt,” said senior Cheyanne Christopher.

These plans begin with the division of cast and crew into various teams that are in charge of different tasks. Those in charge of wardrobe begin to clear the dressing rooms, take inventory of each item, send those that need to be laundered to the costume shop and take the rest away to be stored.

The props team ensures that all objects and furniture used in the show are accounted for, while LX (Lights)/Sound carries all of TheaterCNU’s lights to their Light Lab to be stored.

Deck A and Deck B are responsible for dismantling both floors of the set. Doors are first taken off their hinges and stored; then the process of dismantling the two floors begins.

“There are lots of screws that need to come out and staples ripped up,” said stage manager, senior Caitlin Caplinger. “If you’re working on a ladder and accidentally drop something it is customary to yell ‘Heads!’ to alert people below you.”

Probably the most unique team is the transport team, which waits until someone yells “transport!” to retrieve the item in need of transportation and take it either to the dumpster or back to the shop.

Once the set is completely

cleared, the floor is swept and a last check has been done, the cast and crew are finally dismissed.

This process may seem entirely exhausting, but it is also a learning experience for the cast and crew in attendance. Though this breaks theater tradition by requiring actors to help strike the set, Christopher claims that it is a good experience for everyone to have.

“While this isn’t true of professional theater, it is great in this academic setting to expose everyone (stage hands, actors, technicians) to what these processes are. That way, in the real world if [we] do get offered a job that requires these skills, we know what is happening,” said Christopher.

It seems that complaining in the TheaterCNU world is rare. The entire cast and crew were required to stay during their fall break to finish their “Noises Off” performances and strike the set, yet no one ever protested.

“It really is not something people are concerned about,” said Caplinger. “When we signed up for this show, we knew that strike was a part of it.”

Though many agree that strike brings about a sense of closure and finality for the cast and crew, they concur that it is a bittersweet moment to see a



Cast and crew can’t go home until the set comes down. Photo illustration VICTORIA LURIE/THE CAPTAIN’S LOG

set go.

“It is definitely sad to see the set being taken down,” said actor Derek Martin. “Throughout tech week

and performances, the set essentially becomes another character in the show and no matter who you are, you come to love it.” ■

Student Spotlight: Maggie Hirst

The actress and comedienne has been a fixture on CNU stages since her arrival in 2013.



Hirst on her method: “The first thing that I do is develop my character; how my character moves, how different things from her life and her past influence what she does now, and it’s cool to take that and put my own spin on it.” MACY FRIEND/THE CAPTAIN’S LOG

BY KATHERINE GITTMAN
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You may have seen Maggie Hirst in TheaterCNU’s female version of “The Odd Couple” as Sylvie, or in “Vonya, Sonya, Masha, and Spike” as Cassandra, or in CNU’s recent production of “Noises Off” as Dotty who played Mrs. Clackett. Suffice it to say that the junior theatre major has been billed in at least one major production every year she’s been here. But of the most recent, “Noises Off” was definitely a fun show to work on,” says Hirst. “It was a really physical show and it was also a play within a play, which was really tough. It was completely different from what I’ve ever done before, but it was really fun to dive into and experience.”

Hirst cites Amy Poehler and Tina Fey as her favorite comediennes, and Leonardo DiCaprio as her favorite actor. “His acting gives me life, and everything that he is in I love. When people ask me what my favorite movies are I name off ten different movies, they say ‘that’s a Leonardo DiCaprio movie, Maggie.’”

Within her major, Maggie has a concentration in acting, which she complements with a dance minor. To this she adds membership to both Alpha Psi Omega (a national theater fraternity) and the Improvateurs. She is the public relations chair for both.

Not only a member, Hirst is one of the founders of the group. “It’s something that I never thought I would be good at,” Hirst says of joining the group. “I knew I loved improv and I was good at improv, but I never knew if I was actually funny. I was kind of hesitant and I didn’t know how I would do. I can

develop a character, but it was really fun jumping into improv and writing sketches and stand up.”

Hand-in-hand with her love of improv is Maggie’s love of acting, which she developed at a very young age. “My mom always tells me of this one memory where my brother’s preschool was singing for this Thanksgiving play and apparently I got out of my seat from the audience and I walked up on the stage and I started singing with them even though I didn’t go to the school. I was actually too young to be in preschool yet.”

She says that one of the main reasons why she loves theater so much is that it makes people think about their own artistic expression. “I’ve always wanted to perform and make people smile and think. I think theater provokes a lot of thought in people... It can help people look at how they would want to express themselves, whether it’d be through art, music, or even writing.”

After Maggie graduates from CNU she wishes to partake in some theatrical tours or work with regional theaters. “I would love to go to New York and start auditioning for Broadway.” But Hirst knows it’s hard. “It’s scary for any major these days, but it’s about going where the job offers are. I’m not the type of person where I have to do a specific thing anymore, but now I look at it as let me see where this can take me, let me learn from it.”

Between acting and sketch comedy, you can also catch Maggie Hirst in another CNU production this semester for the Initiative Student Theater called “Dog Sees God,” which will focus on the lives of the Peanut characters as teenagers. ■

CNU Making Changes



The original Christopher Newport Hall opened on Sep. 1, 1964. It was located on the Great Lawn and was renamed McMurrin after Delegate Lewis McMurrin in the early 1980s. The second CNU Hall is the newest addition to campus and was completed in August of this year, just in time to welcome the class of 2019.

From its humble beginnings in 1961, CNU has made significant changes, extending the campus beyond a small local college.

BY MACY FRIEND
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It is difficult not to notice the growth of campus, considering construction is always ongoing.

However, it is impressive to look back and see how much this campus has expanded.

Built in 1914, the first building that began years of growth and change was John W. Daniel Elementary School. It was located in downtown Newport News.

At the time, Delegate Lewis McMurrin requested about \$230,000 in funds for the operation of Christopher Newport College. It was soon after that he insisted plans be made for a permanent campus, which became CNC

in 1961.

Since then, Christopher Newport has been the center of expansion.

The late 1960s-early 1970s introduced a period of construction for the once small campus. Ratcliffe Gym was completed in 1967, while the Captain John Smith Library was completed in 1968.

Wingfield Hall, which no longer exists, was completed in 1970. Like the Student Center completed in 1973, it was a social hub.

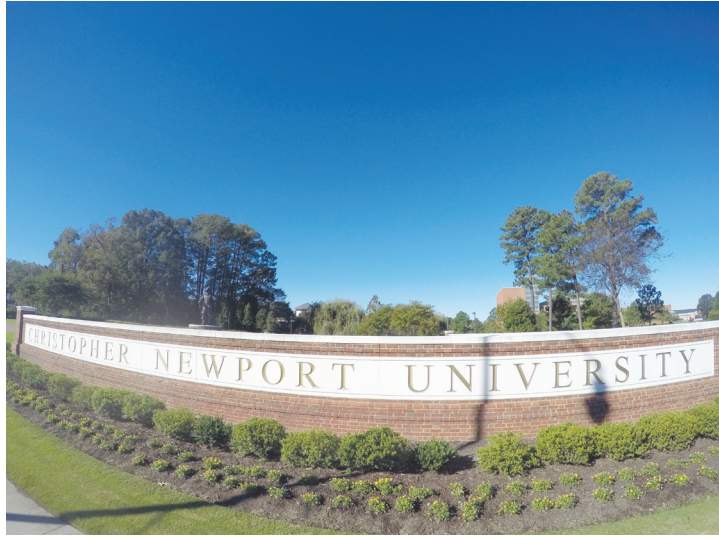
Although many new buildings have been added to campus, the construction is not finished.

Greek Village is currently underway and Phase One is expected to be completed July 2016. ■



In the summer of 1982, Christopher Newport College was significantly smaller than it is now. The building in the bottom center was Ferguson High School, which is now the Ferguson Center for the Arts. Ferguson High School was not acquired by Christopher Newport until the mid-1990s.

For more CNC/CNU information, contact Amy W. Boykin at awboykin@cnu.edu.



Classes began at CNC on Sep. 18, 1961. At the time, CNC was capped at about 170 students. Christopher Newport changed over to a university in 1992 and now has 5,221 students.



Construction on the science building, Forbes, began in 1964 and lasted until 1965. The far left photo is a projection of what the building would look like and the completion date was determined to be Sep. 1965.



(Left) Gosnold Hall was completed in February 1966 and is the oldest building remaining on campus. (Right) Gosnold is currently empty since the offices inside were moved to Christopher Newport Hall in August this year.



Prior to becoming the Paul and Rosemary Tribble Library in 2007, the library's initial name was the Captain John Smith Library. It was completed in 1968. The two left photos offer a view of the left side entrance to the library, where the 24-hour room is. **FILE PHOTOS COURTESY OF CNU LIBRARY ARCHIVES AND MACY FRIEND/THE CAPTAIN'S LOG**

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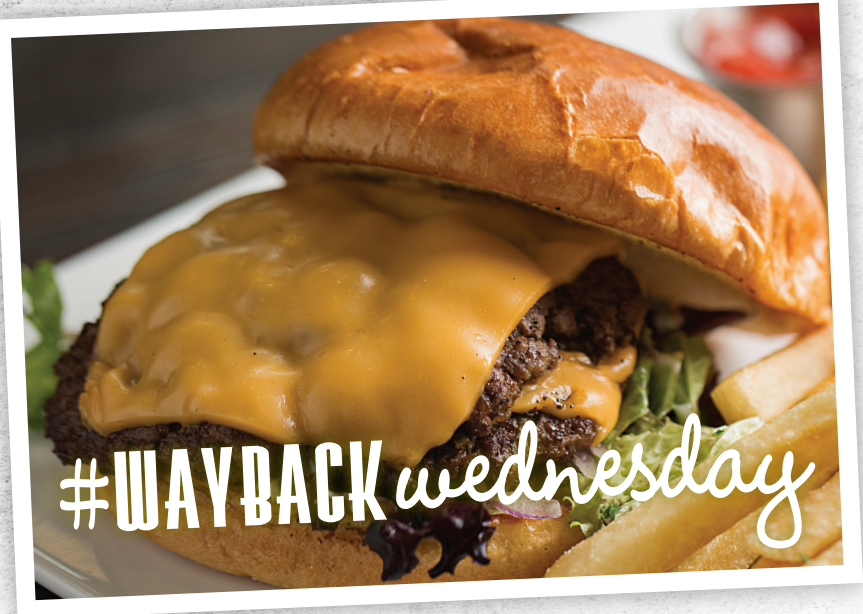
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