



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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Football comes home with victory over TCNJ

#19 Leland Girdy rushes upfield for a big gain against the defense of the TCNJ Lions. PHOTO BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG

The Captain's defense proved too much for the Lions, earn 17-6 win

MATTHEW SCHERGER

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The Homecoming magic was in the air for the Christopher Newport Football team. Earning their second conference victory against the College of New Jersey (TCNJ) in front of a robust crowd of students, parents and alumni, Football increased their record to 2-5 (2-2 in the New Jersey Athletic Conference).

The first drives of the quarter set the tone for the match, highlighting the defensive efforts of both sides. The Captains received

the ball first in the quarter, but were unable to sustain a drive and quickly punted it to TCNJ.

The Lions were similarly unsuccessful in their offensive efforts and halfway through the first quarter, the ball was punted back to the Captains. This next drive was a well-orchestrated effort by Quarterback #12 Jack Anderson.

In just ten plays the Captains marched 80 yards highlighted by two passes from Anderson to #14 Garrison Mayo and #19 Leland Girdy for 17 and 19 yards respectively.

Anderson capped the drive with

another pass to Girdy for a 13-yard touchdown.

TCNJ kept the game close, responding quickly with a two minute scoring drive of their own. Quarterback #3 Andrew Donoghue torched the Captain's defense with two consecutive passes longer than 30 yards.

The second pass, caught by #87 Vinny Guckin, was enough to put six points on the board for the Lions. Kicker #99 Bobby Wortman missed the extra point, however, and the first quarter ended with the Captains leading it 7-6.

The start of the second quarter

was tough for Anderson and the rest of the offense. Anderson was sacked twice during the drive, the second of which put the Captains in a third and 21 situation.

Mayo came up clutch for the offense, picking up 13 yards and putting them in range for a field goal attempt.

Kicker #89 Dylan Curran's foot was accurate, putting Christopher Newport up 10-6.

A strong effort from the defense quickly yielded the ball back to the Captains, but a fumble by #25 Adam Luncher gave the ball back to the Lions with less than a

minute left in the half.

Three straight incomplete passes led to a field goal attempt by Wortman, but #10 Ben James leaped over the line to block the attempt, which was recovered by fellow defenseman #15 Jake Herzog. The crowd erupted in cheers, and the Captains went into half-time with all the momentum.

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A&E

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Lifestyle

A first hand account of Busch Garden's Howl-O-Scream.



Weekly Pic

In addition to escorting the Homecoming Golf Cart Parade and performing at the tailgate, the Marching Captains debuted their second show of the season.

PHOTO BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG

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



CNUTV

On Oct. 19, the brothers of the Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. hosted their seventh Stroll to the Polls event. CNUTV was there to bring you all of the performances.

Happened

October 26

Homecoming Golf Cart Parade

Student clubs and organizations showed off their Captains spirit by decorating golf carts. Traveling from the Freeman Center and past the DSU to the James River field, these golf carts were quite a spectacle, drawing many students to cheer for their respective organizations.

October 28

“The Sequel” documentary screening

To celebrate Campus Sustainability month, Roots & Shoots hosted the event that featured a discussion on climate change.

Happening

November 1

Halloween double feature

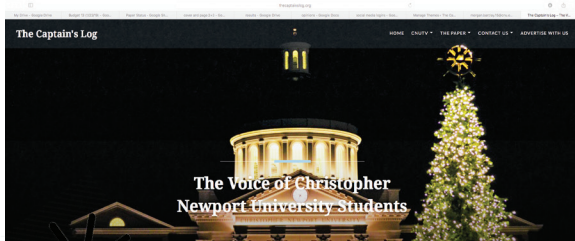
With Halloween weekend coming up, the Office of Student Activities and the Disney Club for a double feature of “Halloween Town” and “Hocus Pocus.” The show starts at 7 p.m. in the Gaines theater.

November 2

CAB Haunted House

Themed “CABin in the Woods,” this haunted house takes place in the Aux Gym between 7 p.m. and 10 p.m. Costumes are encouraged as there is a costume contest starting at 8 p.m.

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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 on 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 5 p.m.

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Spooky Halloween puzzle corner

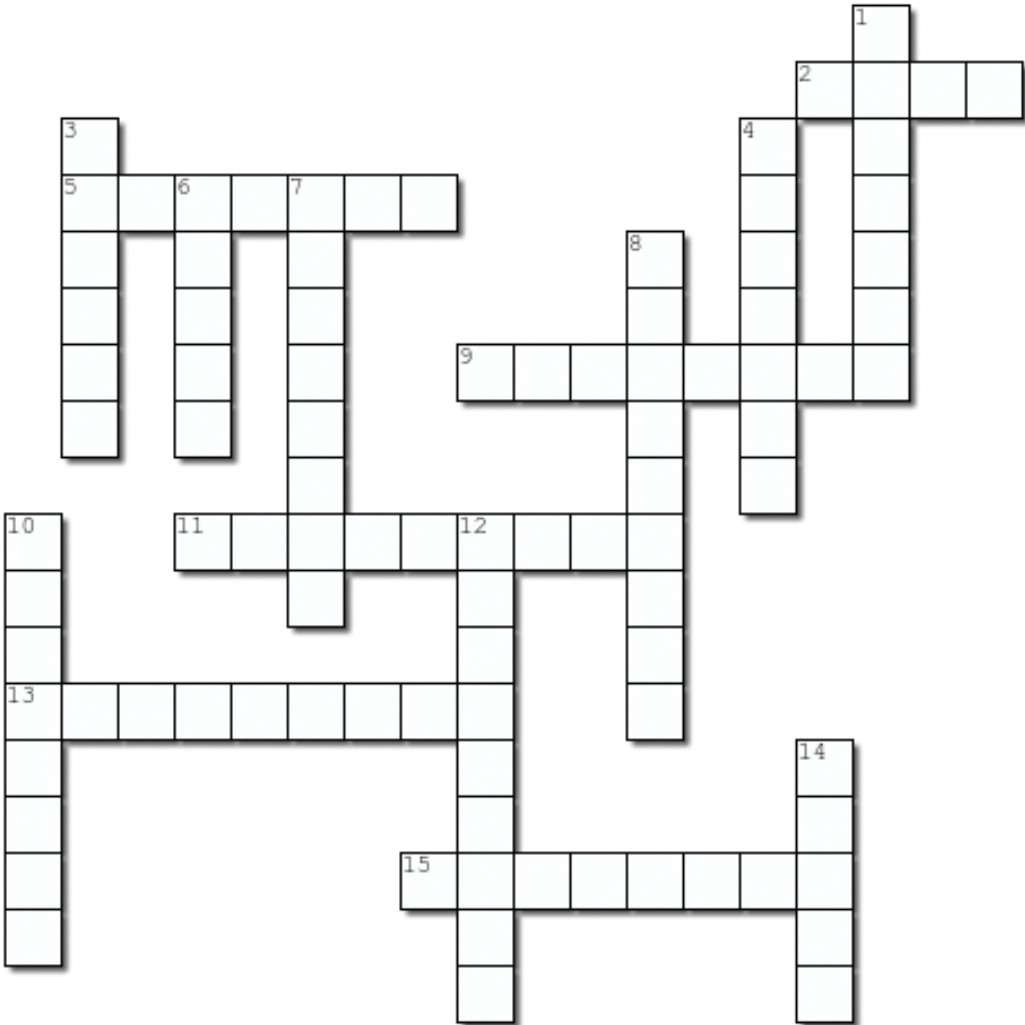
VIVIANNA ATKINS
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Across

- 2. Goes ____ in the night
- 5. The spooky season month
- 9. The inner structure of the body
- 11. Often found in cornfields
- 13. Monument found in a graveyard
- 15. Used by witches for making brew

Down

- 1. It's carved for Halloween
- 3. A reanimated corpse
- 4. A house where a ghost lives is considered ____.
- 6. The opposite of trick
- 7. A symbol of bad luck if walks in front of you
- 8. Spookiest night of the year
- 10. Worn around Halloween to be someone else
- 12. Where the dead lives
- 14. Given out on Halloween night



C	E	N	L	L	W	A	H	R	B	Z	A	I	O
M	K	I	A	O	G	H	C	E	L	O	R	B	F
S	C	K	R	L	O	A	T	B	O	M	B	P	T
C	I	P	U	W	B	L	I	O	O	B	T	E	W
O	T	M	T	V	L	L	W	T	D	I	E	E	R
F	S	U	A	A	I	O	O	C	O	E	R	F	W
F	M	P	N	M	N	W	Y	O	T	E	S	L	B
I	O	T	R	P	C	E	W	O	W	W	O	S	C
N	O	A	E	I	O	E	O	O	E	T	Y	P	O
O	R	B	P	R	B	N	L	S	N	B	D	I	S
B	B	K	U	E	W	F	O	U	M	A	N	D	T
K	N	S	S	S	E	I	A	I	I	O	A	E	U
R	M	A	W	F	B	H	I	K	I	R	C	R	M
O	V	M	M	O	W	L	P	H	S	S	E	I	E

- WITCH
- VAMPIRE
- COSTUME
- COBWEB
- WEREWOLF
- COFFIN
- OCTOBER
- BAT
- SUPERNATURAL
- BROOMSTICK
- HAUNT
- GOBLIN
- SPIDER
- BLOOD
- OWL
- MASK
- ZOMBIE
- PUMPKIN
- CANDY
- HALLOWEEN



IMAGE OBTAINED FROM CAN STOCK PHOTO

Wason Center hosts debate

David Yancey and Shelly Simonds debate each other in the Gaines Theater

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The House of Delegates 94th District debate heated up the Gaines Theater stage at Christopher Newport University. Hosted by the Wason Center for Public Policy and the Virginia Peninsula Chamber of Commerce, incumbent Republican David Yancey and Democratic opponent Shelly Simonds debated over a width of topics and questions given by two moderators, from education funding, Medicaid and minimum wage, to women's rights, gun safety and redistricting laws.

The candidates were quick to critique each other's stances and political history, and the crowd was interactive and eager to vocalize their reactions with boos and applause.

Yancey, a local of Newport News, incumbent representative and a member of several House committees, is also a volunteer Rugby Coach at Newport News High School, a position he claims allows him to connect with the young generation, encourage them to continue their education and help them to achieve their goals with the questions "Where am I going?" and "How am I going to get there?"

Aside from Newport News, Democrat Simonds has lived in several areas around the world, including Spain, Chile and Palo Alto, California. She is a mother of two, a former part-time teacher and a member of the School Board, a platform she uses to advocate for increases in teacher salaries and school funding.

On the issue of Medicaid and affordable healthcare, a moderator asked Yancey why his political history indicated he now supported Medicaid after several years of consistently voting against it. Yancey responded that he believed the current administration during the time of his votes was failing to find a responsible way to expand Medicaid and that he was supportive of this expansion if under sensible guidelines.

However, opponent Simonds responded by criticizing Yancey and claimed that it was irresponsible of him to "allow tax money" to fund other things instead of helping the citizens of Newport News; she promised that if elected, she would specifically focus on improving drug price affordability by putting price caps on prescription drugs. As the moderator moved on to questioning how the candidates plan on improving education in the district, Yancey was quick to fire back at Simonds by stating her role on the School Board was partially responsible for students low



Students, faculty and members of the community gathered in the Gaines theater to watch the debate between House Delegates, David Yancey and Shelly Simonds. **PHOTO BY MICAELA MORAN / THE CAPTAIN'S LOG**

test scores and denounced her claim that she wished to raise teachers salaries while raises for school administrators were allowing them to buy luxury items such as BMW's and harming taxpayers.

As the debate came to a close, candidates gave their closing remarks and summarized their goals for the district if they were to be-

come elected. Simonds promised to get gun safety bills out of committee, raise the minimum wage and pass the ERA, as well as repeal the Right to Work Statute, and she ensured that education would improve under her experience as a teacher. As for Yancey, he assured voters that his seniority and experience as a delegate would allow him to carry bills, claim-

ing that Simond's lack of experience would not get bills passed. His goals included creating new jobs for the community, improving transportation and education and ensuring the Right to Work Statute remained, as well as using his platform as a local and lifelong resident of the area to "fight for Newport News."

This was a major event politically

and for the Newport News area. It was an honor for Christopher Newport University to be able to host this debate with the help of its very own Wason Center. It provided an opportunity for members of the community as well as members of the CNU community such as students and faculty to learn more about the candidates. ■

College Affordability Act

A new bill being proposed could help alleviate the stress and burden that the financial aspect of college places on students and their families

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There is something new in the works to help change the burden that paying for college puts on students and their families. It is called the College Affordability Act. This bill is being spearheaded by the House Committee on Education and Labor, led by Chairman Bobby Scott.

The main points of this bill are that it would lower the cost of college for students and their families by re-investing in higher education, it also would improve the quality of higher education and it would allow more opportunities for students from all different backgrounds.

First, in lowering the cost of college by reinvesting in higher education it creates a partnership between the federal government and state government encouraging states to reinvest in their public colleges and universities. This, in turn, would lower the cost of college for students and their families.

The partnership would give federal funding to states that make community college free, it would increase the value of Pell Grants so that more tuition can be covered and students can have more money to pay for food, housing, books, etc. It also expands

programs like dual enrollment to allow students to earn free college credit while still in high school.

The CAA would also make it easier for students and families to take out student loans by making it cheaper and easier to pay off. It would essentially eliminate the hidden fees attached to student loans, creates a fixed amount repayment plan and an income-based repayment plan. It would also simplify the FAFSA to make the process easier to understand.

This bill also holds schools accountable by improving the quality of higher education. It creates this accountability by not allowing access to taxpayer money for institutions that cause a large share of student loan defaults and spend more on marketing and lobbying than on educating students.

It also helps improve the cultures on campuses by encouraging and supporting campus diversity and enforcing compliance with Title VI of the Civil Rights Act, which prohibits discrimination on the basis of race, color, and national origin.

Finally, it allows for opportunities for more students. Pell Grants will be eligible to be used for quality short programs that can help graduates begin successful careers while they

are also able to pursue two-year or four-year pathways to a degree.

The CAA also creates these opportunities by allowing incarcerated students a second chance. It repeals the ban on Pell Grants for incarcerated students so that they can receive the same education as others and be

granted the same opportunities.

As college students, this is a very important bill to stay up to date on. It can help many students and families all over the country. Though it is complex it is also very detailed and driven to make college accessible to all students in the United States of

America. ■

The Captains Log sat in on a student press call with Congressman Bobby Scott and Congresswoman Jahana Hayes in order to learn more about the bill. Make sure to keep up to date on this bill in case it can help you.

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Contact taryn.hannamzatz.16@cnu.edu for more information.

A wedding Captains will remember

CNU baseball coach marries his fiancée on his own field at Captains Park

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On Saturday, Oct. 19, the long-time Christopher Newport Baseball coach married his fiancée, but this wasn't any ordinary wedding. They had their ceremony and reception on the field here at CNU with the entire team in attendance and participating in the event.

Deciding to have a wedding not only where you work but on a field is not something just anyone would think of doing.

"Well, I suggested a destination wedding and Emily is the one who wanted to have it on the field. So that's how the location was determined, and plus it allowed me to have my team in it which I thought was awesome," Baseball coach John Harvell said.

Harvell said his wife is a huge sports fan, considering she was a cheerleader at Old Dominion University, so she was really excited about getting married on the baseball field.

The setup of the baseball field was seemed perfect for the wedding, and the beautiful sunny weather coop-

erated to contribute to the atmosphere.

"We got married at home plate and the guests (fans) sat in the bleachers," Harvell said. "She walked from 3rd base to home and my guys (in their uniforms) made an arch way with their bats for her to walk under."

Not only were their friends and families there to support them, but his players got to be a part of the wedding in their uniforms. This just added another special part to such a special day.

All 38 of his players were at the wedding and even about 50 of his former players from teams from 2001 all the way to 2019 were in attendance.

"Sharing it with all of my friends and players made it very special, and of course having it take place on the field. I would like to give a huge thanks to President Tribble, VP Bill Brauer, Athletic Director Kyle McMullin and Assistant Athletic Directors Carrie Gardner and Matt Kelchner for allowing me to use my field," Harvell said.

This was a unique wedding on campus and yet another memory those at Captain's Park will cherish. ■



Guests watch from the stands as Coach Harvell marries his fiancée at home plate on the field at Captains Park with his entire team as part of the ceremony. PHOTO COURTESY OF CNU OCPR

Just smile

A personal account of affairs surrounding depression and anxiety

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Those words are given and heard by many people every day, whether online or in real life. This is a side effect of the stigma and the lack of a common understanding surrounding depression. People think depression is just a state of being, such as sad or happy, and that it can be cured with just standard cheer-up methods. While depression can make you more sad more often, it is not the same thing as just being sad.

There is a common misunderstanding that you are only depressed if you are sad all the time, stop doing what you love and stop talking to friends or end relationships. This is simply not the case. Depression, like I mentioned, affects everyone differently and that makes it impossible to say "depression will change your behaviors in these ways." What depression does do is affect thought processes, which is often a far less noticeable effect and generally leads to the commonly recognized side effects.

To explain more (and this may point to some trauma), I didn't cry for six years because it just never felt like something I needed to do. Once the

depression set in, let's just say the tears became a little bit more easy flowing. For instance, a couple of days ago I was close to tears because I wanted a sandwich, and the closest place was closed. I then actually cried because my sweater shrunk in the wash.

I think one of the big problems is that when someone like me, a guy, says that he cries, it is immediately seen as making him weak and lesser. This is a dangerous mindset and one of the most common stigmas in modern society, that crying is for girls. This causes men to close themselves off, often not seeking the help they need.

According to the American Foundation for Suicide Prevention, white males accounted for almost 70 percent of suicides last year out of the 47,173 total in America alone. This cannot be ended completely, but it can be cut down. I won't just say "just get rid of the stigmas" because I recognize that humans are stubborn. A better way to approach it is to make the people who fight the stigmas louder.

A problem that can halt this, though, is my good old friend anxiety. Anxiety has a way of making everything feel like it's a life or death

decision. And sometimes this is quite literal. When I was younger I never took the top cup from a stack because I just always assumed someone had poisoned it trying to kill me. I was seven.

Anxiety doesn't always manifest like that though. It can just make everything feel like you're making the wrong decision. For instance, I often won't talk to people, even ones I know, because I can always assume that I'm going to interrupt them. You can't cause an inconvenience if you don't cause anything at all. This is like matches and gasoline when mixed with depression.

You want to reach out to people to avoid feeling alone, but you are afraid if you bother them they'll become annoyed with you and stop talking to you completely. This causes many to suffer alone.

This is also not aided by another common symptom of depression which is a loss of motivation. "Why would I try to succeed if nothing matters?" Because you're wrong is the simple answer. I have a thought similar to this rather often, but the only way to get through it is to come to terms with your depression and recognize how it affects mental processes such as that one.

This can cause people to not reach out when they should/need to because it's just easier not to. Being aware of this feeling is one of the greatest ways to personally combat it. Of course, like any disorder, depression should not be fought alone. Loneliness can only end with others.

I don't mean to say that you should just randomly force contact onto people who you think may be suffering. This can cause a feeling of extreme pressure and exhaustion that can be very detrimental to a depressed person.

We have very little energy and while a little push to try and get us to come can help, making us do things and go places has a chance to make us recess further into our shell.

What I'm trying to say isn't that you shouldn't reach out to those who are suffering; I highly encourage it. Just don't push them too hard, be weary of when they need a break and work with them on it.

Simply put, the suicide epidemic is a ongoing tragedy, and it won't go away over night with a few extra texts. I won't sit here and say we can end suicide altogether if we just watch out for each other, but what we can do is curve the numbers.

Most importantly, if you are read-

ing this and you think you might be suffering from depression, don't hesitate to seek help. Therapy helps. Even if you don't think it's that bad or you feel like you can deal with it on your own, or if you don't feel anything at all, talk to a professional.

Don't let mainstream media convince you that you aren't suffering just because someone else has at some point suffered worse.

Everyone is valuable and important and no matter what you have been told or felt in the past, someone loves you and someone will miss you. Don't become a statistic, become a hero, someone who overcame so that you can possibly help others.

Author's note: I do not believe myself to be the pinnacle source of information on depression and am not trying to deny what has happened to others. I am only speaking of my experience with depression and anxiety, not speaking to the universal experience as it affects everyone differently.

Another important note, depression does not make you any more important or special than anyone else, it is like any other condition and does not make you cool or relatable, it simply makes you depressed. Having depression is not a choice. ■

If you or someone you know needs to talk to someone, the Office of Counseling Services is located in the University Health and Wellness Center in the Freeman Center and can be reached at (757) 594-7661.

Inclusion at your home away from home

When will CNU fully accept a gender-inclusive structure to campus?

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The discussion of gender inclusivity has been presented time and time again, though it's unsure whether or not action will be taken to have it fully structured on CNU's campus.

CNU has brought a few projects to the table in order to incorporate an inclusive, diverse campus. Safe Zone has been an initiative on campus that creates a support system and utilizes straight allies in the campus community. The effort has brought All-Gender restrooms to campus, which can be found using Safe Zone's posting on the CNU website.

All of the sophomore residence halls such as Potomac River Hall, James River Hall and Warwick, have All-Gender restrooms. However,

I find it interesting that York River Hall and Santoro Hall, both freshmen buildings, don't have an All-Gender restroom on the main floor. As a freshmen begins their CNU experience, it should be essential that everyone should have a "safe zone" in their residence.

In regards to residence halls, one can see that the inclusive effort has yet to reach full circle on campus. Last spring, the Residence Hall Association (RHA) emailed the student body a survey in regards to gender neutral housing. The survey asked whether this would help the individual, or if they knew anyone who would use this proposed housing option. Since then, there has not been any updates on the matter. It should be noted that regardless of the percentage of students on campus who would use this housing option, it

shouldn't matter. CNU's University Statement on Diversity and Inclusion (on the university's website) states "We are dedicated to upholding the dignity and worth of all members of this academic community..." but questioning the effort of gender neutral housing does not seem inclusive to me.

For some students, CNU is their home. Campus has given them the opportunity to come out and not be afraid of their identity. Mothers and fathers from one's hometown may not be as accepting as the CNU community. While the culture is one thing, the structure of a community is another. One thing that is missing for a home to be a home is the structure to live with whoever you want, regardless of gender.

Professionals on campus treat students with the utmost respect,

while students reflect that energy back. Professionals state that since we are now in college, we must start acting like adults. How can we act like adults if we are still treated like children in housing?

Students on campus are supposed to stay on campus for three years, while PLP scholars must stay until they graduate. Due to this, institutional officers should communicate about changes to accommodate all campus community members.

Imagine a home that promotes your academic achievement and personal development, and structures inclusivity and diversity as the backbone for the university. I would like to understand the financial complexities of turning over our current housing into a more welcoming housing option, and why it has been so difficult to complete.

I believe that CNU should live by their statement and further embrace options that would give an inclusive and diverse environment on campus, and finally establish a gender neutral housing option. Throughout the housing application process, potential roommates could decide on how they would like to live and choose applicable options such as: "I am okay with living with a student of any gender" or "I am okay with sharing a bathroom with a student of any gender."

It's significant to separate from past traditional values and give an opportunity to those who would benefit greatly in gender neutral housing. I appreciate the steps taken so far, and hope the desires of students only continue to ensure the community does not feel segregated in residential halls. ■

Shelly Simonds is ready to fight for the future of Hampton Roads

A long-time environmental activist, Simonds will deliver the environmental policy that VA-94 needs

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This past week, the Wason Center for Public Policy at Christopher Newport hosted the only debate this election cycle for residents of Virginia's 94th district delegates. Candidate Shelly Simonds and incumbent David Yancey took to the stage for an hour of policy-specific discussion and debate that drew local and national media attention following the 2017 election results that ended in a tie, with the solution being a drawing at random chance that favored Yancey. It was clear that the two opponents were once again ready to hash out the specifics of why each believed themselves to be the best candidate for our district, and the community was ready to hear all that had to share.

Following the debate, I got the chance to chat with Simonds about her background in environmental activism, and her future in advocating for environmental policy to benefit the people of Hampton Roads. She has received the endorsement of the Sierra Club, one of America's largest and most active environmental advocacy groups, in this campaign cycle for her longtime support of the environmental movement. Not only was I impressed with her vision for environmental advocacy as our district's delegate, but her kindness, charisma and eloquence made it apparent to me that she is a leader that is enthusiastically ready and able to ignite change in and for our community.

Platform issues for Simonds in her campaign include raising teacher salaries in Newport News Public Schools (she has served on the school board for many years), advocating healthcare coverage for all, passing common sense gun control laws and raising the Virginia minimum wage. But Simonds has not, and likely will

not soon forget her roots as an educator, an advocate for young people and an environmental activist when she makes crucial voting decisions regarding the environment and the future generations of VA-94.

When Simonds first moved to Newport News, she immediately became a passionate and integrated community advocate, working with the League of Conservation Voters (LCV) in environmental advocacy and citizen-lobbying in Richmond. As a citizen-advocate, Simonds worked with legislators like State Senator John Miller to advocate for environmental protections and policies that were needed in communities like Newport News. Helping to win re-election for Miller was one of Simonds' first steps in advancing environmental protections for Newport News as Miller was a decisive vote in keeping hydraulic fracturing (fracking) for shale gas out of critical communities in the Commonwealth. And since then, Simonds has developed many more plans to continue this fight when she herself heads to Richmond.

It was with the LCV that Simonds first entered the legislative offices of Richmond and began to understand the need for politicians who genuinely understand and advocate for the needs of their communities. A huge problem Simonds was immediately made aware of was the fact that major corporations like Dominion Energy have massively influential purchasing power in the Commonwealth; she expressed that even after listening to her and many others concerns, politicians were often more interested in pleasing

Dominion Energy's agenda than our community's. It is because of this experience that Simonds makes it very clear to all who she encounters on the campaign trail that her interests are her community's interests, not special corporate interests, and not what Dominion or other corporations pay her to be interested in.

Furthermore, Simonds' has environmental policy plans and stances for Newport News that go beyond goals of immediate economic booms or pleasing political colleagues, but rather, are focused on the long-term

development of sustainable communities. By doing so, Simonds believes that a demand for renewables in Hampton Roads will rise, and so will investments and job markets.

When it comes to the Virginia Green New Deal, introduced just this past year as a part of the national mobilization advocating for a just social and economic transition to renewable energy in climate change "frontline communities" like Newport News, Simonds said humbly while she hasn't kept up with the specifics recently and hasn't taken a public stance on the specific resolution, that policies with goals of climate justice are policies she is confident she will support when it comes time to vote.

With this said, Simonds has an undoubtedly enthusiastic and firm stance on environmental issues, and our district's most prominent environmental advocates with the Sierra Club and other organizations agree. I have no personal doubt in my mind that Simonds will be a climate justice champion for our community and in Richmond.

Finally, I asked Simonds about what messages she might have for CNU students, as well as her thoughts on leadership, which is such an integral facet of our campus community. Simonds expressed her optimism about young voters, especially college students, in her remarks about CNU students. She said:

"I understand that college life is challenging for voting - absentee ballots, getting to the polling place, knowing where to go, knowing candidates - but it is worth it to persevere as singular votes can make a

huge difference in Virginia; your one vote could make a huge difference. During the 'blue wave' of 2017, the diversity in age of voters struck me, and I realized that young people coming out to vote, being concerned about their environment, and about their planet: that was the blue wave. Remember that you have the power."

Expanding further on leadership, Simonds emphasized the importance of building professional relationships and focusing on the "long-game" of leadership, which she described as a lifelong process of working in and for your communities, no matter where you live or work. She said that this point in our lives, our undergraduate careers, are pivotal times to practice and hone these important skills.

Altogether, my interview with Simonds revealed to me concretely what many others supporters have known: Simonds is ready to fight for our future.

As a longtime advocate for the causes that matter to young people, like environmental protections, Simonds knows that leadership goes beyond term-limits and policies, and that it is a long-game that relies heavily on relationship-building, empowering others, and pouring great effort into your community's betterment. What she expressed to me regarding the importance of collaborative leadership and relationship-building gives me confidence that she will work for policy that matter across the aisle, but her fervor leaves no one to guess where she will stand firm on issues like climate change and resource conservation.

Simonds will be on the ballot for the Virginia House of Delegates election, happening on Tuesday, Nov. 5. CNU students may have new polling locations, but new locations can be determined using elections.virginia.gov/citizen-portal. ■

"Simonds has an undoubtedly enthusiastic and firm stance on environmental issues"

development of sustainable communities.

When I asked her about the specific environmental policies and goals she will fight for in Richmond, Simonds outlined sustainable, local infrastructure development towards renewable energy sources as her major goal for Newport News. Specifically referencing offshore wind and solar opportunities, Simonds urged that we have to "unleash innovation" and help build demand for such industries like offshore wind that could thrive and bring thousands of jobs as well as clean energy to the peninsula for decades to come. She outlined policy-specific plans to achieve such goals, and these included "reviving" the Regional Greenhouse Gas Inventory (abbreviated RGGI, which is a market-based, carbon trading solution) as it is implemented in the Commonwealth and by working to raise Virginia's Renewable Portfolio Standards (RPS), or the amount of

CNU
Blues



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(Above) Homecoming Court nominee Liz Ellis cheers for her sorority sisters from Alpha Delta Pi during Fight the Night. At this event there were plenty of games for fun and to earn points for the coveted Captains Cup. **PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG**



(Above) CNU Storm performed during the halftime show with the Marching Captains. The Marching Captains formed the songs "Think" and "Respect" by Aretha Franklin. **PHOTO BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG**



(Above) Gamma Phi Beta won the Captains cup. **PHOTO BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG**



(Above) The Student Diversity and Equality Council and their homecoming nominee Ashley McHenry danced and sang for Yell like Hell an annual Homecoming event. **PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG**



(Above) CNU Cheer cheered for the football, basketball and volleyball teams and homecoming court nominees during the Homecoming reveal and pep rally last Monday. **PHOTO BY DIANE FROLA / THE CAPTAIN'S LOG**

Homecoming happenings



(Above) Sean Celli and Destiny Coleman had the Marching Captains cheering behind them while they were crowned Homecoming Royalty during halftime of the football game. **PHOTO BY SARA KOOCHAGIAN/ THE CAPTAIN'S LOG**

Homecoming Royalty: Sean Celli and Destiny Coleman

UPCOMING HOME GAMES		UPCOMING AWAY GAMES	
Wednesday, Oct. 30, 5:00 p.m.	Wednesday, Oct. 23, 7:00 p.m.	Wednesday, Oct. 30, 5:00 p.m.	Wednesday, Oct. 30, 7:00 p.m.
Men's Soccer vs.	Women's Soccer vs.	Field Hockey vs.	Men's Basketball vs.
Salisbury University	Salisbury University	St. Mary's College of Maryland	Old Dominion University (Exh.)

FOOTBALL

STORY CONTINUED FROM COVER

After a brief halftime show featuring the band, the crowning of the new Homecoming Royalty, Sean Celli and Destiny Coleman, and President Tribble accepting an award for Christopher Newport having the highest winning percentage across all sports for the 11th straight year, the Captains were back on the field and ready for another half of football.

During the third quarter both defenses settled into a rhythm, neither team allowing the other to gain a decisive advantage.

The Lions were allowed just seven plays on their opening drive of the quarter before they were forced to punt, and the Captain's previous momentum was brought to a halt and were forced to settle for a field goal attempt less than four minutes after they regained possession. Curran was less lucky with this attempt, as his kick was swatted out of the air by the Lions defense.

TCNJ and Christopher Newport traded the ball back and forth for the rest of the quarter, but the

field position slowly started favoring the Lions.

Towards the end of the third quarter, this advantage paid off for them, allowing them to attempt a field goal of their own with less than a minute left in the quarter.

Wortman's woes continued, however, as his kick bounced off the bottom of the goal post for yet another miss on the day.

The fourth quarter started similar to the previous ones, with neither team able to gain a decisive offensive advantage or even manage to string together more than a couple successful plays before being forced to punt again.

Finally, with 1:35 left in the game, the Captains took over at the TCNJ 43 yard line. On the first play of the drive, the offensive line was able to open a small hole through the middle of the defense, and #3 Nehemiah Harris sped through the gap and towards the end zone for a touchdown.

This score and the ensuing extra point effectively put the nail in the coffin for the Lions, who were unable to muster any energy on their final drive, resulting in zero gained yardage and a turnover on downs.

The shutdown performance of the Captains' defense was led by James, who in addition to his

blocked kick participated in eight tackles, three of which were for a loss. He also led the team in sacks with 2.5 on the afternoon.

On the offensive side of the ball, Harris's highlight run for the touchdown capped his 14-attempt, 94 yard day, which is the most yards he's gained in a single game this season.

Quarterback Anderson had a stellar performance stats-wise, despite the low scoring game. He ended the day 20/21 for 186 yards and a touchdown, throwing to five different receivers. His six sacks were the one blight on the day.

The 17-6 conference victory was a much-needed one for the Captains, who are currently 2-2 in conference games and sitting firmly in the middle of the pack of the NJAC.

The end of their regular season schedule will be a challenge for the Captains to overcome, facing Salisbury University (6-0, 4-0 in conference) away, Rowan University (2-5, 2-2 in conference) at home and then finishing at Wesley College (6-1, 3-1 in conference). Salisbury currently leads the NJAC, with Wesley just one game behind them.

The Captains will hope to ride the momentum of this victory and end the season with a positive win record in the conference. ■



For more information on all Captains sports action, visit CNUSports.com

(Above) Captains celebrate after a touchdown against TCNJ. (Below) #19 Leland Girdy carries the ball forward. PHOTOS BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG



D.C. teams finally winning this year (mostly)

Washington D.C. sports teams are finally performing, here is what that means

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Washington's professional sports teams are the shining examples of mediocrity in athletic competition. Yes, they make the playoffs on occasion, but they consistently do not live up to their expectations. More often than not, they strut their way into a playoff series only to be sent home in a definitive and convincing fashion.

Following their move from Montreal to D.C. in 2005, the Nationals endured four straight premature exits from the postseason after winning their division. After joining the WNBA in 1998, a year after its inaugural season, the Washington Mystics won one of their 10 playoff series before 2017. In their 45 year history, the Washington Capitals qualified for the postseason 29 times, but they only advanced to the Stanley Cup Finals twice.

When a Washington team isn't in the playoff hunt, they're at the bottom of their conference's standings thinking about what young stud they want to draft into their dysfunctional organization. However, over the past decade, D.C. sports stumbled their way into consistent success.

The Washington Nationals are in the World Series. Dominant pitching and timely hitting propelled this "always a bridesmaid" franchise into their current position. The Nationals' starting pitchers look more like an All-Star team than they do teammates. Hitting against Max Scherzer, Stephen Strasburg, Patrick Corbin and Anibal Sanchez in four straight games is like walking through a minefield. It only took four games for the Nationals to dispose of the St. Louis Cardinals in the National League Championship Series.

In addition to the lights out pitching, the Nationals have enjoyed production from Anthony Rendon and Howie Kendrick at the plate. Both players combine to have 26 hits in the postseason. None of those hits were as important, or electric, as Kendrick's grand slam against the Dodgers in game five of the National League Division Series. That moment alone should have got them a direct pass to the World Series. In a way it did, as the Cardinals didn't put up much of a fight. In any case, the Nationals started the season with a record of 19-31. Now they're two games away from being World Champions.

On Oct. 10, the Washington Mys-

tics beat the Connecticut Sun in a best of five series to win the WNBA Finals. While this season marked the first to end in a title celebration, it included a few other memorable and history making moments.

The 2019 Mystics broke the franchise record for most wins during the regular season. Head Coach Mike Thibault, who is the winningest coach in the history of professional Women's basketball, finally took home his first WNBA Championship.

Elena Delle Donne, the team's leader, was the franchise's first player to be the MVP of the league. While all these accolades are great in showing how truly dominate the Mystics were, the most impressive accomplishment of the season occurred during the Finals. In the postgame press conference, Delle Donne revealed she played with three herniated discs in her back. Excuse me? That grittiness and toughness earns you championships. The willingness to put your body on the line for the betterment of the team was missing for the Mystics in all those prior seasons.

The Washington Capitals set off the explosion that is the resurgence of Washington professional sports last year in the 2018 Stanley Cup.

Their triumphant series win broke the second longest streak in the NHL of teams without a Stanley Cup victory. It also broke D.C.'s drought in professional championship wins. A Washington team hadn't won a world title since 1992. Alex Ovechkin, the team's all time player, finally added the ultimate team award to his long list of individual honors. The Capitals created a "movement." Without their title performance, the other Washington teams would not have accomplished the things they did. The Capitals showed a Washington team doesn't have to be the laughing stock of the league. You don't have to be ashamed of wearing the apparel of a D.C. team in public. That is, as long as it is the official merchandise of the Capitals, Mystics or Nationals. Other than those teams, there's no escape from the incoming ridicule.

And that's it. That's every team in Washington D.C., right? Oh, wait! D.C. United. If I'm being honest, I don't feel qualified to talk about soccer. I'm probably not qualified to talk about hockey either, but I freaked out just as much as one of those "puck lovers" when a Washington team finally brought home a title during my lifetime. I've heard D.C. United has been successful,

and a simple Google search shows they've won four MLS Cups. That's all well and good, but it doesn't align with my narrative of D.C. being the conquering underdog. Just imagine I never brought them up.

Anyways, that's it right? Nope. The XFL is back, baby. The D.C. Defenders are bringing football back to Washington. They are the only football team in D.C. No other team exists, and that's where the conversation ends. No need to bring up anything else you may have heard. Also, the Washington Wizards are a team, but like D.C. United, they don't mix with the other recently flourishing franchises. They're still on that losing more than winning trend, so they're excluded. Sorry Bradley Beal.

I've been a fan of every Washington team my entire life. As you can expect, all I've ever known is heartbreak. It's become such a repetitive feeling, I started to find solace in failure. The Capitals, Nationals and Mystics brought me out of that trance. In fact, they've turned me into an unreasonable monster. You can't convince me things will revert to how they were for the last three decades. I'm beyond the point of return. It may be a delusional fantasy, but it's MY delusional fantasy. ■

Volleyball storms ahead with two big wins

The Captains won a CAC game and an exhibition against Washington and Lee

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The Captains Volleyball team celebrated their five seniors on Friday, Oct. 25, as they faced off against York College in Capital Athletic Conference action. With the first and second seeds for the post season tournament already secured by Christopher Newport and the University of Mary Washington respectively, the Captains set their sights on the York Spartans, one of only two sides to take a set off Christopher Newport during conference play in their previous meeting this season.

The match started off close for the first few points as both teams went back and forth trading blows before the Captains strung together four consecutive points capped off by an ace from senior #20 Katie Piper which handed them a five point lead just 13 points into the set. The Spartans brought the score back even at 16 each, as York went on a seven to two run to challenge the Captains. Quick to respond, #3 Sammy Carroll was an instrumental part of the next three points as she caught the York side off guard with a setter dump sandwiched in between two kills from #15 Riley Garrison, another senior on the squad. The Captains would tack on four of the final five points, only giving one away off a service error to close out the first set 25 - 20.

Looking to continue and display more of their offensive prowess,

Christopher Newport rattled off six points in a row for an early advantage.

Spearheading the attack was #14 Katie Crofford as she picked up three aces during that run, bringing her total to 48 this season, the highest single season total of her four year career here at Christopher Newport University. The Captains would then jump out to an even larger lead, almost bringing it to double digits off three unforced errors by York as well as an ace out of Piper.

Carroll also wanted in on the action from behind the service line as she would also pick up an ace in the second set. But it was the defense that won the final points of the set as Garrison and #10 Megan O'Hara quieted the Spartans attack with a pair of blocks.

The tables would take a turn in the third set as York would try to pick off another set from the hosts in a similar fashion to when the found success in the third set during the previous match up. It would be the Spartans who found an early advantage, extending the lead to as much as five at one point. But with the Captains keeping York within striking distance, it was only a matter of time before they responded. And the response was an emphatic one, an avalanche of points built up as the Captains hit their stride on a 15 - 4 run, regaining the lead in the process, and completely nullifying any momentum that the Spartans had manufactured for themselves in the set. The squad looked rein-

vigorated on the court as they were firing on all cylinders.

The offense and defense put on an impressive display limiting the visitors to only one earned point during the hot streak, the other three coming from Captains service errors. Garrison would pick up one last block as she closed out the match, as she earned the Captains' seventy fifth and final point of the evening. Christopher Newport would get some rest before they hosted Washington and Lee University the following afternoon.

York College looked to halt their losing skid as they too would face the Generals in an early morning matchup.

The Captains would take the lead against Washington and Lee next before falling behind again off an eight to one streak by the Generals. Offensively, the Captains were struggling to get something of significance on the board.

There were a few points here and there, but the stat sheet was marred by nine attacking errors in the initial set alone, which equaled their total for the rest of the match. Piper and O'Hara would piece together a few kills with other members of the front row, but they would be unable to find a way back in the first set and ultimately fell 25 - 22.

Things started to get worrying for Captains fans as Washington and Lee started the second set with a run of five unanswered points. But led by CAC defensive player of the week, #9 Mackenzie Wright, the

Captains jumpstarted their attack and equalized immediately, being on the other end of a five point streak.

Christopher Newport would drop the next points but would quickly gain their first lead of the day by grabbing eight of the next nine points with #2 Kayleigh Regan-Smith picking up an ace in the process.

Looking to regain their footing, the Generals tried to pull even but fell two points short before Christopher Newport turned on the jets as Crofford and O'Hara each rocketed two kills past the defense, Wright and O'Hara teamed up to earn two blocks, as well as an ace from Piper to close out the set.

Both sides made their way out through the first 16 points with eight each to their names before Garrison created some separation off a quick set through the middle by Carroll. Piper racked up two more kills with an ace from Crofford after each of them as the Captains threw six more points on the board.

The Generals would pick up three of their own before once again Piper would erupt with a pair of kills on route to another run of six unanswered points stretching the lead to double digits.

Wright and the Captains were more than content to trade points in order to score the final few needed to capture the third set as it was O'Hara and Garrison who powered the last two hits inside the lines to bring the Captains 25 points away

from claiming the match.

Washington and Lee would find themselves in front by a score of 17 - 16 but Piper had other plans. She blasted two swings through the defense for her 17th and 18th kills of the contest, which marks her highest total of the season.

With a four point lead late in the fourth set and victory in their sights, a Washington and Lee kill bookended by two unforced Captains errors brought the Generals back within one. Wright fired off another kill which brought her side to within one of clinching the match, but another service error looked to be costly and had the Generals right on their heels. Provided a good set from Carroll, Garrison would once again be the player called upon to close the set, and this time the match.

The two would successfully connect for a kill for the first time in the fourth set as Garrison sealed the match with a hard hitting kill through the middle of the Washington and Lee defense. Throughout the contest, Piper played exceptionally, matching the number for most digs (17) and earning the highest tally of kills (18) across both teams.

Looking forward, the Captains will seek to close out the regular season conference play undefeated as they host Salisbury University on Nov. 1 as part of the CNU Invitational which will also feature matches against Virginia Wesleyan University and Averett University the next day. ■

Glow in the Darcapella

CNU's six a capella groups gathered together for their annual showcase, illuminating the beginning of Homecoming Weekend

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They have glowing tights, neon paint splattered on their skin, bright tutus and bowties, vibrant lipsticks and feather boas. They're jittery, they're energy-ridden, they're rehearsed and when they step out on stage, they're ready. The audience, who has been patiently waiting in anticipation, erupts in applause and cheers. The performance of all of the acapella groups every year at Glow in the Darcapella is a much loved CNU tradition. Talent is showcased in glowing hues on the vast Diamonstein stage every October as the six acapella groups perform. There is something special about being able to create such music and sounds with only the voice serving as an instrument. The preparation, the musical arrangements made, and the constant practicing all built up to an inspiring performance given by each group.

The groups of the night included University Sounds, Take Note, Trebled Youth, The Newport Pearls, Extreme Measures and Expansion. Junior Jacob Stephens from University Sounds and sophomore Lindsey Gries from Take Note hosted the event on Friday night as emcees. The two prepared their "act" by building in information about each group to share before their set while sprinkling their share of cringey jokes as any good emcees would. Each group performed three songs in front of a packed concert hall after Stephens and Gries' introduction.

"As an emcee you get to hear why everyone is so passionate about their respective groups and what really matters to individual groups. Seeing

the cultures which all stem from a love of music, but are all slightly different was amazing," Stephens said.

that is how you do college the right way," President of the Newport Pearls Claire Rooney said.

"We show up, wear outrageous, glow-in-the-dark outfits and perform incredible music with the best people to over a 1,000 of our friends and family..."

The night started with a performance by CNU's hip hop dance group Hypnotic Control. They set the tone for a show that would not disappoint! Their creative choreography was just the beginning of a night full of surprising talent and innovative takes on how music can be interpreted.

A wide range of music was performed that night; from songs with inspiring messages like "Bird Set Free" (University Sounds), to fun mashups like combining "La La La" and "Latch" (Take Note), to Disney classics like the Lion King's "Circle of Life" (Trebled Youth), to upbeat radio hits like "Me!" (Pearls), to a slowed-down take on iconic songs like "Creep" (Extreme Measures), to fist-pumping classics like "Stacy's Mom" (Expansion). Whether the audience was captivated by beautifully blended harmonies or bopping along with the energy on stage, Glow was quite the musical experience from beginning to end.

"Glow is, hands down, my favorite event of the year! I love having an event that all six groups participate in as one community, and the CNU response to the event is amazing. We show up, wear outrageous, glow-in-the-dark outfits, and perform incredible music with the best people to over a 1,000 of our friends and family.

Backstage, there is a whole other Glow experience being had by the members of these groups. Not too long ago, these groups welcomed new members from auditions and worked within a small time frame to select and perfect their set. Across the board, the groups commented on the strong community that is built as they work on showcasing their passion for music. These aren't just happenstance acquaintances performing on stage. They are a family.

That support and love shone through to the audience as each group took the stage and held their own, but it didn't end there. The response by fellow Captains is what truly makes this event such a success. Whether you're singing on stage or supporting from your seat and cheering them on, this event showcases more than musical talent. It showcases what it means to be a part of the CNU family. Music brings people together in the best ways, and Glow in the Darcapella is no exception. ■



(Above) Blair Darrah from The Newport Pearls sings "Take a Bow" from Rihanna. PHOTOS COURTESY OF CNU OCPR



(Above) CNU's only all-male a capella group, Expansion, takes on the stage.



(Above) All six of CNU's a capella groups reunite on the stage for one last applause in front of an audience of over a thousand people.

Review: Link's Awakening

An escape to an island of adventure

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Why do you consume, engage and celebrate any sort of media? Why do you spend dozens of hours binge-watching a show? Why do you take time out of your busy day to watch a movie? Why do you play video games when you could be doing something else?

The answer to these questions definitely depends on who's answering them. For me, part of the reason why I spend so much time playing and/or watching any sort of entertainment is because entertainment provides me with a pleasant way to escape from my stressful reality. It gives me a break, a moment of relaxation in a world full of anxieties and work. In particular, I feel that video games are wonderful in achieving a deep feeling of escapism. The level of interaction that only video games can provide makes it so that the feeling of escapism is especially strong for me when I play video games. This idea of escapism is particularly why I adored my time with *The Legend of Zelda: Link's Awakening* for the Nintendo Switch so much, for it is all about escaping into a fantastical and simplistic island adventure.

Link's Awakening is a faithful remake of the *Zelda* game under the same name that was on the original Game Boy. This fact is extremely evident while playing the game, for it

unfortunately retains a lot of archaic and arguably outdated aspects of the original. The bosses and dungeon design are the main aspects that could have been improved upon. Most of the boss fights are completely forgettable due to their lack of difficulty. While they are designed to be more like puzzles than a test of combat, it doesn't take long to figure out how to defeat every single one of them very quickly.

The dungeons, on the other hand, are either forgettable or simply frustrating. Most of the dungeons have a very simple design, and while they can be somewhat fun, they often don't leave much of an impression. If I do recall a dungeon in this game, it's due to the frustration I had with it, for some of these levels can be quite tedious and monotonous at times. It's very clear that the boss and dungeon designs are products of the original game's limitations. While these issues don't really sore the game too much for me, I do feel that more could have been changed from the original to make this version more modern and fun to play.

Luckily, there are plenty of wonderful attributes of *Link's Awakening* that make up for the game's few shortcomings. One of the many things that I love about this game is its presentation. The visuals in this game make great use of the Switch's capabilities to make an environment to resonates with me. The simplistic, toy-like aesthetic is both ador-

able and charming and makes this game stand out. The environments look gorgeous with textures that looks plasticity and shiny, making the game have a child-like feel to it which makes me feel indescribably nostalgic. Because of the game's art style and environments, playing this game makes me feel like I'm some kid who's pretending to be going out on a grand adventure which has yet to be completed before dinner time. The fantastic visuals make me feel immersed in this fantastical world full of happiness and pure emotions since they are able to remind me of simpler times.

The game's strengths lie in the raw emotions that it is able to invoke upon the player. The music is important in portraying these feelings, for it is, as per usual in this series, fantastic at representing the game's tone. Every track is pleasant to listen to and their sheer beauty is enough to elicit some sort of reaction in the player, whether it's joy or melancholy. "The Ballad of the Wind Fish" is one of my favorite songs in gaming due to how it invokes such deep feelings of mystical adventure and tranquil melancholy. It's hard to truly describe how exactly the music has such an effect on me, but it certainly leaves a lasting impression and helps me feel even more apart of this dream-like island the game takes place in.

The simplistic story is another aspect that strengthens the game's emotional and immersive appeal.

The characters feel very expressive and likeable due to their designs and simplistic charm. Their involvement within the story, especially Marin's involvement, ties into the game's theme of escapism.

Your main goal throughout the story is to have a fun adventure throughout the island, but you know that this adventure won't last. The main character has to eventually leave the island in order to fulfill his heroic duties. Similarly, you can't immerse yourself in this game forever, and eventually all heroic journey's must come to an end. Since the characters and the world that they live in are so enjoyable, it's hard to eventually say goodbye to them. Any form of escape is and should be temporary, so it should be enjoyed while it lasts. The game's story reflects how escapism works through the main character's need to escape from the island despite to allure in staying in a true paradise.

Because *Link's Awakening* plays with immersion and simplistic fun so well, I highly recommend adding it to any Switch collection. It may be short, and it isn't a "10/10, best game of the year" kind of experience, yet it doesn't try to be anything

more than innocent, child-like fun. It isn't meant to knock anyone's socks off, it's simply a short yet entertaining escape into a paradise of heroics and tranquil settings. While it debatably isn't the best the series has to offer, *Link's Awakening* still stands on its own as a classic game that is able to resonate with the player in unique, personal ways. ■



IMAGE OBTAINED FROM NINTENDO

Review: From Yeezus to Jesus

Kanye West takes a spiritual turn with his musical career

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It's here. One year and four months have passed between Kanye West's "Ye" album and his most recent, "JESUS IS KING," which was released at noon on Friday, Oct. 25, 12 hours later than West promised. But at this point, that's the least of listeners' worries. There are bigger things to discuss.

The album title, "JESUS IS KING," truly does summarize the track list; this is Kanye's first gospel album, and that's irrefutable. In his song "Water," West sings, "Jesus, heal the bruises. Jesus, clean the music. Jesus, please use us. Jesus, please help..." There's no satire, it's pure gospel. I can't help but consider the irony.

The jokes and memes around Kanye's observed self-obsession ("I love you like Kanye loves Kanye") make this album seem a little hypocritical. In fact, he's gone so far as to refer to himself as Yeezus throughout the years,

asserting himself as the god of rap. And now, he's turning around to praise a real god. So, there's a lot to unpack here.

We are all left wondering, who is this Kanye? But he seems to have anticipated this response. In "Hands On" West sings, "To say I'm changing, you think I'm joking. To praise His name, you ask what I'm smoking." And he is right! Is this another Kanye outburst? Or is this some sort of revelation for him? (Pardon the pun.)

I'm a fan of "Ye," West's last album. But, to have an album proclaiming Jesus as a savior directly following a self-titled album seems so extreme—it's like Kanye did a full 180. But let's take a deeper look: did his last album set us up for "JESUS IS KING"?

Kanye is no stranger to rapping about the deeper issues. In "Ye" he raps about his changed perspective on women and girls since having a daughter of his own. The song "Violent Crimes" addressed how he sees women as "something to nurture, not something to con-

quer," and that having a daughter revealed his own mistreatment of women. On the other end of the last album, we hear "All Mine," which is more classic hip-hop; less dramatic, more upbeat, and

conscience that he's alluded to all along?

Instead of trying to figure out the inner workings of West's mind (a task not even West could tackle), let's talk about the listener's experience with the album. The songs are uplifting, hopeful, and to some extent, fun. But what if you don't follow the Bible? Has West isolated his atheist fans? His Jewish fans? His Muslim fans? Is West now strictly a gospel singer? Probably not. But if he follows the things he's proclaiming in "JESUS IS KING," we can expect a change in his music.

According to an article published by Independent, West asked those working on the album to abstain from premarital sex while working on the album because he wanted them to "work and just focus on this". He spoke about his sex addiction and his cursing and in doing so, West made this album seem to be almost a confession—a repentance. So, if he holds true to these spiritual ideals he's expressing, we might see this reflected in

future music.

And maybe if you don't agree with his spiritual declaration, this album isn't for you. I think we all know that being a Kanye West fan means taking everything he does with a grain of salt. Few people are fans of everything-Kanye. And maybe that's a good thing. We aren't blindly obsessed and accepting of him; we are skeptical. Perhaps that's how we should treat all celebrities—not as gods, but as humans.

In the same interview, however, West referred to himself as, "unquestionably, undoubtedly the greatest human artist of all time." So, he's no god, but with this album, he's proclaiming to be a godly man...with an ego. I guess that part of West is still the same. But who knows? He always finds ways to surprise us. So, whether you enjoy figuring out the puzzle that is Kanye West, or you're just a fan of his music, this album takes us on a new ride.

We can only guess what will come next. ■



IMAGE OBTAINED FROM SPOTIFY

way more sexual. One could go as far as to say West contradicted himself in "Ye." So, is "JESUS IS KING" West's way of finding a new lifestyle, or is he giving in to his

Howl-O-Scream 2019 is thrilling and chilling



A haunted house lover reviews annual Halloween event at Busch Gardens Williamsburg

“Running away from a clown carrying a chainsaw with your friends is oddly a great bonding experience.”

The England section of the European-themed Busch Gardens Williamsburg was decked out with spooky signs bearing different types of monsters, such as vampires and banshees.

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Are you looking for a night of screams and fright? Then Busch Gardens Howl-O-Scream is the place to go.

Under the moon-lit sky, the park is a completely different place then when entered during the day. Packed with chainsaw-carrying clowns and swing-jumping demons, you are definitely in for a night of almost peeing your pants in fear.

I had never been to Howl-O-Scream before, but as a lover of haunted houses, I was super excited. Overall, I had a great time and definitely got the scare I was looking for. But there are a few things I wish I knew before going.

One thing to remember when going is this event is very popular, and it will be packed. My friends and I got there at about 5 o'clock as we were only going for the haunted houses and not the rides and other normal attractions that Busch Gardens offers.

It was so busy that we had to park about 10 minutes from the park and take a little tram across a major highway to get there. This was honestly as terrifying as the haunted houses themselves.

Something else to note - with the park being so crowded, every ride and haunted house had about an hour wait to get in.

So, be prepared to have some good conversation topics ready as

it does get boring. Another piece of advice to anyone going is to bring water and eat before you come.

The lines for food are almost as long as the lines for rides, and it's not even worth it as the food is bad and extremely overpriced. A water bottle was \$4 inside the park. That's pretty much highway robbery.

Even with these setbacks, Howl-O-Scream is a great time overall, and I would definitely recommend going. Running away from a clown carrying a chainsaw with your friends is oddly a great bonding experience.

The park does a great job of immersing you in a land of terror. Everywhere you go, the park is decorated and prepared to scare with hanging ghost brides and speakers that scream at you as you pass by. That one really made me jump.

With the whole park already having you on your toes with their different scare zones, the best places to really get a fright are the six different haunted houses around the park.

Because of the long lines, my friends and I were only able to get through three houses before the park closed at midnight, but it was definitely worth the wait.

Out of the three, the best one I thought was “Circo Sinistro.” You are transported into an old circus, moving through different tents and never knowing what's around the corner. It was definitely the best house in immersing you in

the world of the circus, with a ring master even coming to greet you as you enter.

If you only get to a few in the time your there I would recommend skipping “Frostbite.” Designed as an enchanted dark castle, it left me asking “was that it?” The shortest out of the three we went through, it

was not worth the 60 minute wait.

The last house we went through was “Dystopia.” I was left screaming till the end, literally, as the house was themed around a future world order and fashioned with strobing lights causing you to not know where you're going.

I was chased out screaming by

some creepy dystopian queen. My friends definitely won't let me forget that one as they laughed their butts off at me as we left.

I would definitely recommend going to Busch Gardens Howl-O-Scream. Just remember to have your head on a swivel as you never know what's lurking behind you. ■



The sign for Circo Sinistro, one of Howl-O-Scream's best haunted houses, welcomes park visitors with lights and garlands. PHOTOS BY DIANE FROLA / THE CAPTAIN'S LOG

Treat yo self this Halloween

The definitive top ten ranking of classic Halloween candies

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Halloween is tomorrow. This means that it is time to trick-or-treat it up and fill your buckets, pillow cases or whatever else with candy. When selecting which candy to choose, either from a stranger or from the store, it is very important to know which candy is best to get the optimal Halloween experience. So, without further ado, here is a list of the definitive top ten Halloween candies.

1. Kit Kat

This chocolate-covered wafer bar ranks as the best Halloween candy. You crunch into each chocolatey-heaven bite and never stop. Its breakable nature adds to the enjoyment, if you do right. For the people who just bite into the whole bar, who hurt you that bad? That's just wrong. Kit Kats are easy to share, but only if you want to.

2. Reese's

This close second combines the divine flavors of chocolate and peanut butter. The anticipation of unwrapping each cup makes your mouth water more, and it makes each bite more satisfying. Whether you eat it in one bite or three, this candy is always sure to light up your day.

3. Hershey's

This milk chocolate bar is a Halloween classic. It is perfect when you're craving just chocolate and need a pick-me-up in the day. You can break the bar off into all of its squares or just eat it whole. It doesn't matter as long as you savor each bite of the chocolatey goodness. Plus, it doesn't contain any traces of nuts for those of you with a nut allergy.

4. M&M'S

These sugar-shelled chocolate candies are a must have. Each one is a crunchy bite that releases chocolate across your taste buds. You tell your-

self you are going to eat just a few, but then the whole bag is gone. They also come in the popular mini size and with peanuts.

5. Skittles

Similar to M&M'S, these candies are also shelled in sugar but with fruity cores. Their chewy insides come in many flavors, including green apple, lemon, grape, orange and strawberry. The flavors explode into your mouth with each bite, especially when you mix several together and allow you to really "taste the rainbow."

6. Sour Patch Kids

This sugar-coated soft candy really matches its logo: "First they're sour. Then they're sweet." At first, Sour Patch Kids are shockingly sour and make your whole mouth twitch, but they become delightfully sweet as your mouth savors the sugar. Be careful when opening the package, or the sugar will go everywhere.

7. Twix

This bar is a crunchy biscuit coated with milk chocolate and caramel. Each bite leads into the next as the caramel pulls a part, begging to be eaten. Able to split the bar in two and join the "left of right" side debate only adds to the fun.

8. York Peppermint Pattie

This underrated candy has a minty center that is robed in dark chocolate. Each bite refreshes your taste buds into new sensations. Trust me, one pattie just isn't enough to encapsulate all the joy that these bite-sized confections bring.

9. Milky Way

These candy bars consist of chocolate nougat topped with caramel and then coated in more chocolate. Soft yet chewy, the creamy taste is savored in your mouth, and you just want more, especially when eating the mini sized ones. The serving size

for these should be at least ten.

10. Smarties

These candies are colorful, hard and crunchy sugar discs that are fun to eat. Untwist the wrapper and eat them one at a time or all at once. The sugar explodes in your mouth and is sure to give you a kickstart into whatever you are doing.

While this is the definitive list of the best Halloween candy, it's okay if you don't agree. Candy can be very different from each other, and sometimes you're just in the mood for one over the other.

Just make sure you enjoy some type of candy. With the end of midterms and the start of end-of-the-year projects, you deserve some candy. So treat yo self, get some candy and relax.

Also, be sure to visit your nearest store the day after Halloween for all the discounted candy. Enjoy the rest of the spooky season! ■

Last-minute Halloween dorm decorations

Tomorrow is the last day of spooky season, so make the most of it with these easy decoration ideas

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Your dorm may already look a little bit scary this Halloween, but not quite in the way you may want it to. With random candy wrappers sitting around that your roommates didn't clean up, crunchy leaves falling outside your window and gross (real) cobwebs in the unreachable top corners of your bedroom, your living space can sometimes look kind of dingy.

Here are some ideas for some affordable, last-minute Halloween and fall-themed decorations that you can incorporate into your dorm or apartment space, no matter how much or how little space you have.

Fill a festive bowl with candy

This is an incredibly easy way to get into the Halloween spirit that'll leave your roommates grinning like jack-o-lanterns. Visit any store that sells Halloween stuff, find a cute Halloween-themed bowl or even a trick-or-treating bucket, buy some of your favorite

types of candy and fill the bowl to the brim. You may start gaining some winter weight a little bit early due to having candy so easily available to eat, but they're fun size, so who's really counting?

Hang a garland

Fun and festive garlands easily bring a happy feeling into a boring space, no matter what holiday you're celebrating. You can easily find these at Dollar Tree or Target's dollar section for no more than a few dollars.

This year, Target's dollar section has several different festive options such as glittery multicolored leaves and letters that spell out "Trick Or Treat." If you don't want to spend money on a garland, you can easily make your own with pieces of cut out cardstock paper. Simply hole punch your cut-out designs and hang them up with yarn or string.

Decorate a door or two

During your freshman year here at CNU, professors like to bring their kids trick-or-treating

through your residence halls to collect candy. Each hall has a theme and decorations lining their walls and covering some of their doors.

You can easily recreate this if you're an upperclassman or if you live in an apartment-style residence hall. Simply take some streamers, caution tape, construction paper or whatever else you feel like you need to create the spookiest door. Take this idea in whatever direction you want, whether you want to make your door resemble a movie monster or if you want to put fake spiderwebs all over it.

Buy some window clings

You've probably seen them in almost every window during the last couple months of each year if you've ever walked past a freshman dorm, but you're never too old for window clings. They always add an element of fun to brighten up boring, drab windows, and no matter how silly they may look, they always at least make you smile.

Find these at any Target or Walmart. You'll be shocked at all

of the different types they have, from a family of black cats to multi-colored letters that spell out "SPOOKY SZN." Whether you're more of a "happy harvest" type of person or you're just a fiend for Halloween, you have plenty of options at your disposal.

Bring home a few mini pumpkins and gourds

They're tiny. They come in all kinds of colors, shapes and sizes. And gosh darnit, they're just downright cute. Who could say no to mini pumpkins and gourds? Each one is extremely unique with different color combinations and a differently twisted stem.

Put them on your kitchen table in your apartment or even on your desk hutch if your dorm doesn't have its own kitchen. You can even write or draw on them to make them more personalized. You can find these adorable (and affordable) additions to your newly spooky room at any grocery store for no more than a couple dollars, making this idea another one that is easily affordable for the aver-

age broke college student who still wants to find an easy way to decorate.

There you have it, a list full of easily affordable options to help you celebrate spooky season at the very last second. They don't take a long time or very much money to put into action, and they will definitely leave you and your roommates feeling more festive and your room looking more fun.

You can also amend many of these ideas and utilize them for just about any holiday if Halloween isn't your thing (they make Christmas window clings too, of course).

While these ideas may be just subtle little things to help you celebrate a holiday or a season in a small space, they're sure to bring some Halloween spirit to your living space. ■

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