

## Democrat Logan Kapil: *Stop yelling and start listening*

**S**ome teenagers get more strident in their political views when they get to college. Logan Kapil toned it down.

In high school outside Richmond, he'd sometimes fall into personal attacks against his conservative opponents. But as Kapil explored other viewpoints at Old Dominion University and heard the angry rhetoric from Washington, he moderated his approach.

He's no fan of President Trump, but "there are people on both ends of the political spectrum" who cross the civility line, said Kapil, 21, a recent graduate. "I don't think you get anywhere if you're constantly yelling at each other."

Kapil tried to model that even-keeled approach with the ODU Democrats. He joined during his sophomore year and "stayed quiet at the first few meetings." He quickly rose to outreach chair, vice president and, during his senior year, president.

His proudest moment came in 2017, when he helped organize a campus rally in support of immigration, which attracted about 200 participants. As club president, he helped coordinate campus visits of Democrats such as Sen. Tim Kaine and U.S. Rep. Bobby Scott.

The club has about two dozen members. At Old Dominion, he said, it's challenging to encourage political participation: "A lot of people don't want to get involved in any drama. They want to get their degree and get a job."

But the problem extends far beyond the campus, Kapil said. "If

we don't fix how dirty the rhetoric is, I don't think we'll get many more people to be politically active."

During this year's General Assembly session, Kapil interned with Del. Jay Jones and Sen. Lynwood Lewis. Jones called him "a fantastic addition to our office," who sometimes ran meetings with constituents. "What really stuck out to me and the staff," Jones said, "was his drive and ability to be a self-starter and think a step or two ahead of what we would need and how that would be helpful to me."

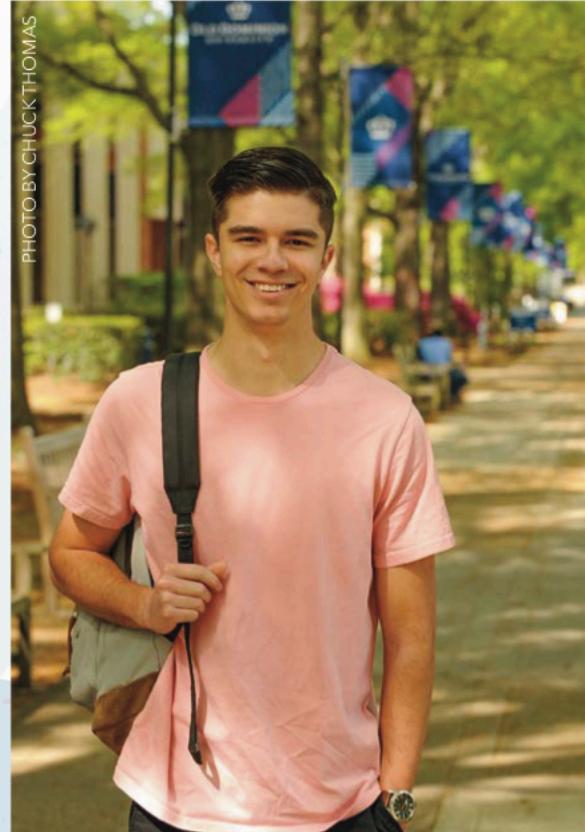
At Old Dominion, Kapil was also a manager of the men's basketball team for one season and a peer mentor in the political science/international studies living-learning community.

He received his degree in political science and was a member of Pi Sigma Alpha, the national political science honor society. He classifies himself as a moderate Democrat. For instance, he supports "Medicare for All," but "I don't think it can happen overnight."

Over the summer, he will participate in the Emerging Leaders Executive Internship program with the City of Norfolk. No matter where he lands after that, he'll continue preaching the message of moderation:

"Look at things with a more open

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mind. So many other people come from other backgrounds and have different points of view. You can't just yell at them. You have to understand where they're coming from."

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