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Campus Announcements - October 16

Association Office of Student Activities <osa@cnu.edu>
To: Association Office of Student Activities <osa@cnu.edu>
Bcc: students@cnu.edu

Fri, Oct 16, 2015 at 9:54 AM

Campus Announcements: Daily Digest

Friday, October 16

[CAMPUS ACTIVITIES EVENT CALENDAR](#)

TODAY

- **CAB presents...Kit Yan (Spoken Word Slam Poet): 8:00pm**
- **FREE Zumba or Pilates: 5:30-6:30pm**
- **Hispanic Organization for Leadership Advancement-Hispanic Night: 6:30pm**
- **Alpha Kappa Alpha Sorority, Inc. Bring What You Can Food Drive**
- **Zeta Tau Alpha & CNU Hockey Present Open Skate Night/Pink the Rink Ice Hockey Game: 7-10pm/ Game at 10:15pm**
- **THRIVE Night of Unifying Worship: 8:00pm**
- **Marching For The Dimes: 12:00-2:00pm**

Upcoming Student Events

- **Home Athletics this Weekend**
- **African Student Union Weekend**
- **Volunteers Needed for CROP Walk Water Station**
- **Spirit Night with Alpha Kappa Alpha**
- **Living the Dream with Gamma Phi Beta**
- **"Library Resource Workshop" by the Black Student Union**
- **Join us for Piece of Public History next Tuesday at 12:30pm in MCM 101**
- **The Pink Room Documentary Screening**
- **KDR's Boys & Girls Club Donations**

Campus Programs and Announcements

- **How Math Majors Can Find Internship**
- **Anxiety 101 Workshop**
- **Elaine Viel: A Retrospective**
- **#GetFitCNU Healthy Foundations**

• Global Competency Workshops toward Certification

Today

CAB presents...Kit Yan (Spoken Word Slam Poet)

Kit Yan is a queer, transgender, and Asian-American Brooklyn-based slam poet from Hawaii. Kit performs theatrical slam poetry pieces about his life as a queer, transgender, and Asian American through stories about family, love, and social justice. Kit has been seen on television programs such as HBO's Asian Aloud, PBS' Asian America and MYX TV. His recent performances include headliner at the True Colors Youth Conference, headliner at the New England Queer People of Color Conference, and the Brooklyn Museum.

Some fun facts: Kit is the first ever Mr. Transman, and when he isn't performing, he is eating ramen, playing ukulele, and talking story.

Date: Friday, 10/16

Time: 8 PM

Location: Gaines Theater

Notes: PLP Passport Event and Cultural Plunge Event

Attachment

FREE Zumba or Pilates

Friday, Oct. 16

5:30 - 6:30 p.m.

Zumba w/ Maddie in MPR 1

OR

Pilates w/ Danielle in MPR 2

<http://bit.ly/1yA1qW4>

Hispanic Organization for Leadership Advancement-Hispanic Night

Join us in celebrating Hispanic Heritage Month on Oct. 16 at Washington room in DSU at 6:30pm. There will FREE FOOD and DANCING SHOWCASE!!!

attachment

Alpha Kappa Alpha Sorority, Inc. Bring What You Can Food Drive

The Nu Epsilon Chapter of Alpha Kappa Alpha Sorority, Incorporated® will be accepting any non-perishable food donations in the breezeway this week, 10/13/2015 until 10/16/2015. We will be giving all food donations to the Emmanuel Baptist Church Food Pantry for Childhood Hunger Awareness Day on Friday, October 16. Just stop by the two pink crates in the DSU breezeway with any donations you have!

If you have any questions please contact Janai Norman: Janai.norman.13@cnu.edu

Zeta Tau Alpha & CNU Hockey Present Open Skate Night/Pink the Rink Ice Hockey Game

Zeta Tau Alpha and the CNU Hockey team are proud to announce our annual Pink-Out Hockey Game!

Friday, Oct 16th

Hampton Roads IcePlex

WEAR PINK!

There will be an Open Skate Night from 7-10 pm, and the hockey game starts at 10:15 pm. Make sure to pull up the flyer attached on your phone so part of the proceeds can go towards ZTA's philanthropy, Breast Cancer Education and Awareness! We are excited to see you there as we PINK THE RINK!

Attachment**THRIVE Night of Unifying Worship**

Please join us on October 16th at 8pm on the steps of Christopher Newport Hall for a night of unifying worship through song, art, dance and prayer. It does not matter whether you love God, hate God, or do not really care about Him, all are welcome! We hope to see you there!

Attachment**Marching For The Dimes: 12:00-2:00pm**

Have you ever wondered how many steps a Marching Captain takes during their halftime show? Well now's the time to find out! Kappa Kappa Psi is supporting the March of Dimes' mission of preventing premature birth, by partnering with the Marching Captains to march for the dimes! Our brothers will be tabling in the DSU & Ferguson Center on October 14-16, 19 & 20 @ 12pm-2pm. Stop by to guess how many steps our mystery marcher took during the Marching Captain's Evolution of Rock show.

\$1 per guess. First guess to be closest to the correct amount of steps wins 50% of the proceeds from the guesses. The other 50% goes to the March of Dimes in support of Kappa Kappa Psi's participation in Alpha Phi Alpha's Stroll to the Polls, which takes place October 31, 2015 @ 5pm

Upcoming Student Events

Home Athletics This Weekend

- Saturday, 10/17: ALL DAY: Cross Country - CNU Invitational
- Saturday, 10/17, 7pm: Men's Soccer vs. Wesley College
- Sunday, 10/18, 6pm: Women's Soccer vs. Lynchburg College

For additional information about athletics including match previews, go to <http://cnusports.com/>.

African Student Union Weekend

Saturday, October 17- ASU will be traveling to the College of William and Mary at 6pm for their 10th annual iREP Africa Showcase. If you are interested in going, please contact us ASAP (cnu.asu2014@gmail.com)

Sunday, October 18- ASU will be collaborating with BSU for an important discussion about the differences between being Black and being African. Come join us as we would love to hear your opinions on this issue. Location: DSU Jefferson Room at 4pm.

Volunteers Needed for CROP Walk Water Station

Volunteer with United Campus Ministries (UCM) and the CROP Walk! We will need volunteers on Sunday, 10/18/2015, to help pass out water to individuals running the race from 1:45 pm to 3:30 pm. This does count towards PLP and for any other program that requires volunteer hours. All are welcome. Please email ucm@cnu.edu if you are interested in volunteering or have any questions.

Spirit Night with Alpha Kappa Alpha

Join the Nu Epsilon Chapter of Alpha Kappa Alpha Sorority, Incorporated® on October 19, 2015 at Chick-Fil-A on Warwick Blvd from 5-8pm for their Spirit Night! Help raise money for the March of Dimes Social Service Organization. Make sure you let them know you are there for the spirit night so 10% of the proceeds will go towards the March of Dimes fundraiser! Eat more chicken for a great cause! See you there!

If you have any questions, please feel free to contact Janai Norman: Janai.norman.13@cnu.edu

Living the Dream with Gamma Phi Beta

Come join the sisters of Gamma Phi Beta on Monday October 19th from 6-8 pm in Freeman 201. We will be making bracelets and crafting for our local philanthropic partner Girls Inc. We are so excited to share with you why going Greek was a dream come true!

Attachment

"Library Resource Workshop" by the Black Student Union

Come to the Black Student Union's "Library Resource Workshop" on Monday, October 19th, at 7PM in the Library Instruction Room 170 to learn about the many resources the library has to offer and how CNU librarians can help you with research papers. There will be candy, a raffle, and awesome prizes. For any additional information, please contact BSU 2nd Vice-President, Antonia Comfort (antonia.comfort.14@cnu.edu)

Attachment

Join us for Piece of Public History next Tuesday at 12:30pm in MCM 101

Learn about Careers and Internships at World-Class Museums and National Parks!

The Public History Center Presents:

Exploring Fort Monroe: Virginia's Newest National Monument

Tuesday, October 20 at 12:30 pm in MCM 101

Pizza lunch provided by the CAH Dean's Office

Fort Monroe and nearby Old Point Comfort encompasses over four centuries of history, from Captain Christopher Newport's early explorations of the Chesapeake Bay area to the modern period. Known as "Freedom's Fortress," Fort Monroe acted as a safe haven for enslaved people during the Civil War, and is the location where the famous "contraband of war" decision was made--the first step towards emancipation. Robert Kelly, the Casemate Museum Historian at Fort Monroe and Vice-President of the Historical & Archaeological Society of Fort Monroe, will be discussing the significance of the fort and his career in museum work and historical preservation.

Attachment

The Pink Room Documentary Screening

October 19th-7:00 PM in Freeman 202

Mien grew up in Svay Pak, Cambodia, a small village notorious for one thing; child sex slavery. At a young age, Mien enters life in a brothel and her virginity is sold for a high price. She is forced to stay in the brothel, being raped daily, making her value less and less with each customer. Even when help is within reach, obstacles that appear too great to conquer squelch her dreams of freedom... but this isn't a story about the problem. The Pink Room is a true story of redemption, ordinary people becoming heroes, Cambodians rising up with compassion to take back their country, and a town's process of rebuilding from the inside-out. In a world where it is estimated that there are over one million children held captive and sexually abused, a flower blooms in the heart of Cambodia

Presented by International Justice Mission @ CNU

KDR's Boys & Girls Club Donations

The pledges of Kappa Delta Rho are collecting donations of money, toys, and schools supplies to give to the Boys and Girls Club of Hampton. Come visit us in the atrium of the DSU (facing the Tribble Plaza) and drop off your donation! We will be set up every day from 11-2 through Friday, the 23rd.

Campus Programs & Announcements

How Math Majors Can Find Internships

Presented by: Sarah Hobgood, CCP Internship Coordinator

Get connected to opportunities and resources for finding an internship, while also obtaining an outline of all steps to take now to line up an internship!

TUESDAY OCTOBER 20TH
LUTER 321 (ATRIUM)
12:30-1:20PM

PIZZA PROVIDED!!!!

Attachment

Anxiety 101 Workshop

Stressed? Attend the Anxiety 101 Workshop. The Anxiety 101 Workshop is a 60 minute crash course to learn about your unique anxiety, what makes it tick, and how to change it.

When?

October 20 (Tuesday) 6-7pm DSU Harrison

November 2 (Monday) 6-7pm DSU Harrison

*An additional Anxiety 101 Workshop will be held during Stress Less Week in December. Dates and times TBA.

You can register in four ways!

1. Call [757-594-7047](tel:757-594-7047)
2. Stop by Counseling Services (Freeman H230) and sign-up
3. Email stacey.villanueva@cnu.edu
4. <http://goo.gl/forms/3c4uBqEzOv>

Elaine Viel: A Retrospective

Sept. 21 - Oct. 24

9 a.m. - 5 p.m., M-F

Artist Talk: Saturday, Oct. 24, 2 p.m.

Recent retiree from CNU, an alumni and the previous Falk Gallery Manager, Elaine Viel, is also an artist and activist. Her exhibition is a 'powerful visual statement about man's inhumanity to man' namely, the genocide in Rwanda and the Iraq war. Her work represents the multitude of humanity lost during these tragedies. Viel's monotype prints and watercolors are for sale.

For additional information about our art galleries, please contact our office at [\(757\) 594-7930](tel:757-594-7930).

#GetFitCNU Healthy Foundations

Got stress? Losing sleep? Feeling anxious? We are here to help! Join us for a FREE, fun, engaging stress management series including the basics, fitness, mindfulness and nutrition. Bring your lunch and join us for one or all seminars, and learn strategies to better cope with stress!

Tues./Thurs., Oct. 20, 22, 27, 29
12:30 - 1:15 p.m.

To register or for more info, visit <http://bit.ly/1L9ewKP>, email fitness@cnu.edu, or call (757) 594-7882

Attachment

Global Competency Workshops toward Certification

Join us for the Global Competency workshop series each Thursday in November (5th, 12th and 19th) from 12:15-1:15p. Free lunch provided, limited space available. Please email ben.cowman@cnu.edu to RSVP. We live and work in increasing diverse communities with people different than ourselves. How can we thrive and learn from each other? Our actions are interconnected with the actions of those in our immediate community and those who live around the world. What does it mean to be a global citizen?

Attachment

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10 attachments

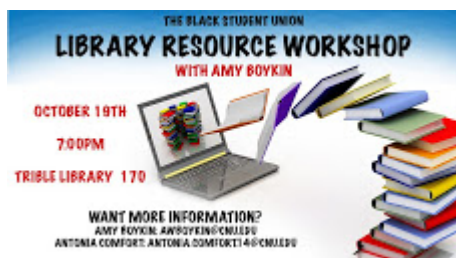


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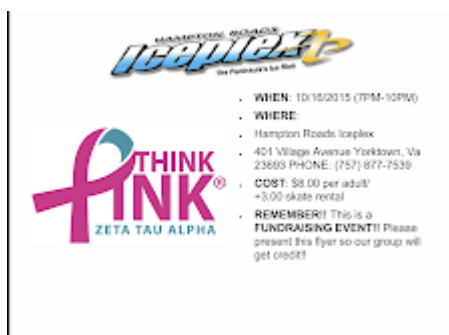
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