



Susan Barber &lt;sbarber@cnu.edu&gt;

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## Campus Announcements - October 4

1 message

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**Office of Student Activities** <osa@cnu.edu>

Tue, Oct 4, 2016 at 8:45 AM

To: Association Office of Student Activities &lt;osa@cnu.edu&gt;

Bcc: students@cnu.edu

# Campus Announcements: Daily Digest

**Tuesday, October 4**

### [CAMPUS ACTIVITIES EVENT CALENDAR](#)

#### Today

- **African Student Union's "Cultural Takeover": 12:30-1:30pm**
- **Tropical Smoothie Fundraiser for Kappa Kappa Psi: 4:00-7:00pm**
- **The National Center for the Prevention of Community Violence presents: Bully Fighters: 6:00pm**
- **Latino Student Association Meeting: 7:00pm**
- **Students For Christ Recharge Bible Study: 7:00pm**
- **Women's Soccer vs. Southern Virginia University: 6:00pm**
- **Cross Impact CNU Bible Study: 7:00-8:00pm**

#### Upcoming Events

- **Home Athletics this Week**
- **Town Hall- Oct 5th at 6pm- Let your voice be heard**
- **Second Annual College Mental Health Panel**
- **IFC Lip Sync Table**
- **Arabic Club Meeting**
- **Rotaract Meeting**

#### Campus Programs and Announcements

- **Registered to Vote in Newport News?**
- **Free Women's Self-Defense Classes**
- **Five Dollar Student Rush Tickets to see enra**
- **Sophomores: October 2016 Newsletter**
- **CNU Community Garden Ribbon Cutting**

#### Today

#### **African Student Union's "Cultural Takeover": 12:30-1:30pm**

Due to scheduling miscommunication, we will be having the "Cultural Takeover" in the David Student Union Breezeway

(DSU) on Tuesday, October 4, 2016 @ 12:30-1:30pm. We will have a table set up with bracelets, flyers and some other jewelry on sale. Come by and learn what our club is about and what we have to offer. Again, you do not have to be a specific ethnicity or race to join ASU :) ! We can't wait to see you come by!

#### **Attachment**

### **Tropical Smoothie Fundraiser for Kappa Kappa Psi: 4:00-7:00pm**

Come help and support the brothers of Kappa Kappa Psi by participating in their fundraiser at Tropical Smoothie located across the street at CNU Village. We are a music service organization that helps out the Marching Captains and various other musical organizations around campus. To help support please come to Tropical Smoothie on October 4th Tuesday from 4-7pm. There will be flyers at the store and various places around campus. All you have to do is present the flyer and upon doing so 20% of your order will be donated to our organization. Thank you all for the wonderful help!

### **The National Center for the Prevention of Community Violence presents: Bully Fighters: 6:00pm**

The National Center for the Prevention of Community Violence is showing the movie "Bully Fighters" at 6pm, Tuesday October 4th, in the DSU Ballroom. The movie offers a fresh take on the concept and events surrounding the act of bullying. The event is a PLP passport event, but welcomes any and all students interested in attending. After the movie showing, there will be a panel discussion including the Newport News Public Schools Superintendent and CNU professors.

#### **Attachment**

### **Women's Soccer vs. Southern Virginia University: 6:00pm**

Tuesday, October 4 at 6:00pm

Seeking their fifth straight win overall and third to start the Capital Athletic Conference season, the nationally-ranked Christopher Newport women's soccer team will host Southern Virginia University on Tuesday night at 6:00 pm. The Captains are off to their best start with an 8-1-0 record, taking on a Knights program with a 3-6-0 overall mark and 0-2 record against league foes.

### **Latino Student Association Meeting: 7:00pm**

Meeting this Tuesday at 7pm in MCM 164. Meetings are open to everyone, we are Latino based not Latino exclusive. This is a great opportunity for Spanish Majors and Minors to learn, get involved, and become a part of the Spanish community that surrounds them!

If you would like to be involved with the club but CANNOT make it to the meetings please reach out to [alina.sanchez.13@cnu.edu](mailto:alina.sanchez.13@cnu.edu) and we will add you to our email roster.

### **Students For Christ Recharge Bible Study: 7:00pm**

Tuesday Nights at 7pm in McMurrin Hall room 212. Come and join us in fellowship and a teaching of the word.

### **Cross Impact CNU Bible Study: 7:00-8:00pm**

Join us tonight for our weekly Bible study! We'll be in MCM 312 from 7-8 PM.

As always, there will be free desserts!

Come take a break from your mid-semester craziness and join us, even if you can just come for one night.

Bring your friends, and we look forward to seeing you there!

Contact [brooklynn.johnson.14@cnu.edu](mailto:brooklynn.johnson.14@cnu.edu) with any questions

## **Upcoming Events**

### **Home Athletics this Week**

- Wednesday, October 5 at 6:00pm: Volleyball vs. Wesley College
- Friday, October 7 at 7:00pm: Volleyball vs. Salisbury University

For more information please visit [cnusports.com](http://cnusports.com)

## **Town Hall- Oct 5th at 6pm- Let your voice be heard**

RHA and Student Assembly want to hear your voice! Join us in an open forum on Wednesday, October 5th at 6pm in the DSU Washington room. We will have representation from both RHA and Student Assembly present ready to listen to your thoughts and we will take back this information to see what our organizations can do to address that thought! Anyone is welcome and light snacks will be provided! We hope to see you there!

**Attachment**

## **The Second Annual College Mental Health Panel**

The Second Annual College Mental Health Panel will be Thursday at 7:30 P.M in the Gaines Theater. It will be focusing on the difference between normality and abnormality. NAMI will be tabling Tuesday through Thursday from 11-1 P.M for Mental Illness Awareness Week!

**Attachment**

## **IFC Lip Sync Table**

Come buy your tickets for IFC Lip Sync today! We will be tabling in the DSU Breezeway Monday, 10/3 and Wednesday 10/5 from 11:00 - 1:00. All proceeds go to Fear 2 Freedom a non-profit organization which redeems and restores those wounded by sexual assault. The event will take place on October 14th @ 8:00PM in the DSU Ballroom. For the first time ever it on Parent's Weekend! We cannot wait to see you out! If you have any questions or concerns please feel free to reach out at [ifc@cnu.edu](mailto:ifc@cnu.edu)

**Attachment**

## **Arabic Club Meeting**

Hey guys! CNU's Arabic Club is having a meeting this week on Thursday October 6th at 8pm in MCM 300-b. We hope to see you there! Questions? Email our President, Bianca, at [bianca.rumbaugh.14@cnu.edu](mailto:bianca.rumbaugh.14@cnu.edu)

**Attachment**

## **Rotaract Meeting**

Join us for our meeting on Wednesday, October 5th at 8:00 pm in McMurran 210! We will be discussing our upcoming service projects for October, as well as opportunities for new members. We hope to see you all there!

Questions? Contact [emily.stevens.15@cnu.edu](mailto:emily.stevens.15@cnu.edu)

# **Campus Programs and Announcements**

## **Registered to Vote in Newport News?**

If you are registered to vote here in Newport News, please note that your polling location is HIDDENWOOD RETIREMENT COMMUNITY, located about a mile off campus at 50 Wellesley Drive. If you have registered to vote here, remember that you cannot request an absentee ballot and must vote at your designated precinct. Please plan ahead for election day to ensure you can get to your polling location!

## **Free Women's Self-Defense Classes**

We are excited to invite you to participate in the upcoming C.N.U R.A.D (Rape Aggression Defense) Program. Students have described this class as not only fun, exciting and intense but furthermore empowering to themselves as a woman. Taking your personal safety to another level, will allow you to feel more confident, become more aware of your surroundings and be able to recognize a need for a heightened sense of awareness and avoidance in specific situations. (ie: at work, at home, in public, or on vacation). The course includes lecture, discussion and self-defense techniques

suitable for women of all ages and abilities.

Statistics show that 1 in 4 women will be attacked and/or sexually assaulted in their lifetime. The R.A.D Basic Women's Self-Defense Course was designed for a woman to use her natural desire to not be attacked combined with proven self-defense techniques to help a woman defend herself. Furthermore providing the techniques to escape from an aggressor. These techniques while using a woman's natural body composition are easy to learn and retain.

Class Two:

October 17, 19, 24, 26th, 2016 [Monday/Wednesday] From 7pm-10pm

The current two courses in September and October will be a 12 hour course that will cover a brief PowerPoint with important and specific information regarding personal safety and awareness, developing a plan, and the importance of practicing techniques should you ever be attacked. Following the PowerPoint presentation will be hands on learning to provide and execute the proper techniques of the program. This will include repetitive drills and step by step instruction to ensure that all participants are learning the proper techniques. On the last day of the program, participants may take part in a simulation exercise that offers them the ability to place the techniques and skills learned into a simulated scenario. Previous participants have encouraged all participants to complete the simulations portion, as it really shows you how much you can truly learn within a 12 hour program.

Did we mention this course is absolutely free? Absolutely no cost to you as a fellow CNU Student!

If you would like to sign up or have any further questions please contact us at [RAD@cnu.edu](mailto:RAD@cnu.edu) or 757-594-7053 ext 228.

### **Attachment**

## **Five Dollar Student Rush Tickets to see enra**

enra

Sunday, October 9 @ 6:30 p.m.

Ferguson Center's Diamonstein Concert Hall

Student Tickets: \$5 (bring I.D. to Ticket Office)

Japanese performing arts company enra combines stunning digital animation with live dance. The members of enra are experts in the genres of martial arts, ballet, animation dance, juggling and street dance. When the video art and choreography synchronize, the show frees the audiences imaginations from the physical limitations of space and gravity.

## **Sophomores: October 2016 Newsletter**

Sophomores,

Check out the October 2016 newsletter written specifically for you! October's theme is Studying Abroad.

You can find newsletters and more information at our website: <http://cnu.edu/studentsuccess/sophomores/> If you need more information, please contact Brittany Grubb in the Center for Academic Success at 757-594-0337 or [brittany.grubb@cnu.edu](mailto:brittany.grubb@cnu.edu).

### **Attachment**

## **CNU Community Garden Ribbon Cutting**

Please join us for the ribbon cutting for the CNU Community Garden.

Thursday, October 6, 2016

12:30 p.m.

The CNU Community Garden is located on East Campus behind Washington.

For more information about sustainability and CNU visit, [cnu.edu/green](http://cnu.edu/green)

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Office of Student Activities

DSU 330

Christopher Newport University

757-594-7260

[osa@cnu.edu](mailto:osa@cnu.edu)

[www.cnu.edu/studentactivities/](http://www.cnu.edu/studentactivities/)

Follow us on Twitter [@CNUOSA](#) or like the [CNU Office of Student Activities](#) on Facebook!

Michael, I want more cake. It was so good

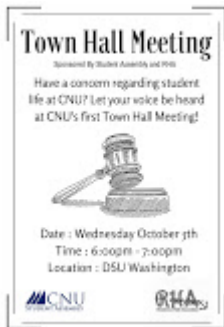
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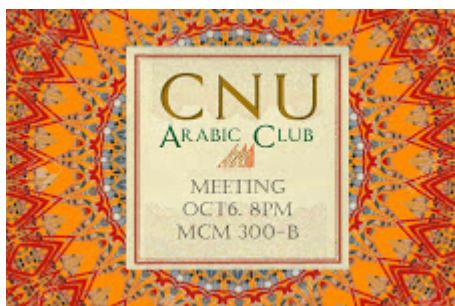
**ASU Cultural Takeover**  
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**RHA and Student Assembly Town-Hall Meeting**  
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**Arabic Club Meeting**  
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**RAD Poster**  
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**Sophmores Oct Newsletter**

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