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**Campus Announcements - September 16**

1 message

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

Fri, Sep 16, 2016 at 9:54 AM

To: students &lt;students@cnu.edu&gt;

# Campus Announcements: Daily Digest

**Friday, September 16**[CAMPUS ACTIVITIES EVENT CALENDAR](#)**TODAY**

- **Community of Good with DG- Free Sight and Hearing tests: 11:00am-3:00pm**
- **Kappa Kappa Psi presents Conduct Us: 12:00pm**
- **Alpha Kappa Alpha Sorority, Inc. Nu Epsilon Chapter Presents: "Major Bag Alert!": 12:00pm-2:00p**
- **CAB presents... FALLFEST: 4:00pm-7:00pm**
- **FREE Pilates or Zumba this Friday: 5:30pm**
- **Alpha Phi's Annual Red Dress Gala: 8:00pm**
- **Fellowship of Christian Athletes Volleyball Tournament: 5:30pm-7:30pm**

**Upcoming Events**

- **Playing For Change Benefit Concert**
- **Laugh Out presents: New Names, Same Games**
- **Homecoming 101 - Student & Student Organization Involvement Information**

**Campus Programs and Announcements**

- **Affordable Programs Abroad**
- **Peak Performance Workshop Announcement**
- **Lucky Chops at the Ferguson Center This Sunday**
- **Slice of Business Life: Cambridge Associates**
- **First PHIL/RSTD Film & Philosophy Night of the Semester**
- **The L.E.A.D. Challenge**

# Today

## **Community of Good with DG- Free Sight and Hearing tests: 11:00am-3:00pm**

Come meet our lovely Delta Gamma sisters and get your sight and hearing checked for free thanks to Newport News Lions Club.

The sight and hearing van will be located on the York Lawn on September 16th from 11am-3pm so make sure to stop by! Anyone is welcome!

## **Kappa Kappa Psi presents Conduct Us: 12:00pm**

The brothers of the Mu Nu Chapter of Kappa Kappa Psi present their fall Conduct Us! At 12:00 p.m. high noon in the Tribble Plaza on Friday September 16th, a band of brothers will be ready to make music under YOUR direction. So bring a great attitude and lots of energy to conduct our band through some of your favorite pop tunes! No conducting experience is necessary, all you need is a smile!

**Attachment**

## **Alpha Kappa Alpha Sorority, Inc. Nu Epsilon Chapter Presents: "Major Bag Alert!": 12:00pm-2:00pm**

Please help the Nu Epsilon Chapter of Alpha Kappa Alpha Sorority, Inc. collect school supplies and backpacks to towards their One Million Backpacks initiative. We will be tabling in the DSU Breezeway from Monday, September 12th through Friday, September 16th from 12-2 PM and holding a 50/50 Raffle! One school supply = One ticket and One dollar = One ticket to enter and win. All donations are welcomed and appreciated. Help give back to those in need! If you have any questions feel free to contact Janai Norman at [Janai.norman.13@cnu.edu](mailto:Janai.norman.13@cnu.edu)

Attachment

## **CAB presents... FALLFEST: 4:00pm-7:00pm**

Join CAB as we bring in the Fall season!

This Friday CAB presents our annual FALLFEST! The theme this year is Fall Into Autumn! The excitement starts on the Great Lawn this Friday from 4-7!! There will be free food, a Zipline, huge giveaways and so much more!!

Date: September 16, 2016

Time: 4-7pm

Location: Great Lawn

Rain Location: Aux Gym

## **FREE Pilates or Zumba this Friday: 5:30pm**

Free Pilates or Zumba

Friday, Sept. 16 @ 5:30 p.m.

Pilates on the Barre w/ Danielle in MPR 1

Zumba w/ Christian in MPR 2

#GetFitCNU! <http://bit.ly/1yA1qW4>

**Attachment**

## **Alpha Phi's Annual Red Dress Gala: 8:00pm**

Join the sisters of Alpha Phi for a night of fun and philanthropy at Red Dress Gala!

Red Dress Gala will feature a silent auction, live band, catered desserts, a poker tournament, a photo booth, a wine pull, and much more! All proceeds benefit the Alpha Phi Foundation, which betters women's lives by furthering research and education on women's heart health and the prevention of Women's Heart Disease.

**STUDENTS:**

You can purchase your tickets at a discounted price of \$20 on Tuesday, September 13th in the DSU Breezeway. Just look for our table!

The sisters of Alpha Phi appreciate your support for a cause so dear to our hearts, and look forward to seeing our friends, family, and alumnae on September 16!

**Attachment****Fellowship of Christian Athletes Volleyball Tournament: 5:30pm-7:30pm**

Teams of only 4 people, entry is \$12 per team. Winner will receive a trophy and bragging rights!! Sign up by 5:15 pm by email to <mailto:samantha.hotchkiss.14@cnu.edu> or on Monday night at FCA.

Come to the JR Courts on Friday from 5:30-7:30 for a fun and competitive sand volleyball tournament with a team of your choice!

## Upcoming Events

**Playing For Change Benefit Concert**

Nu Kappa Epsilon presents Playing For Change Benefit Concert. Playing for Change is a nonprofit organization that travels the globe, recording performers in their communities, and unites the world through music.

This benefit concert will be held on Saturday, September 24th at 2 p.m. in the Gaines Theater.

\$3 admissions

Honors Event

If you would like to perform for this concert, please contact Tori Rehder at [victoria.rehder.13@cnu.edu](mailto:victoria.rehder.13@cnu.edu). Be on the look-out for our tables in the DSU starting September 19th for performer signups or pre-sale tickets. Tickets will also be sold at the door.

**Laugh Out presents: New Names, Same Games**

The troupe formerly known as A Troupe Called Quest has changed their name to Laugh Out! Our first show is this weekend!

WHEN: SATURDAY, SEPTEMBER 17th @8PM

WHERE: GAINES THEATER

We're the same improv troupe playing the same games (mostly) as before! Come out and see all of your favorite, only slightly stale, faces returning with the same names:

- Crosby "Slightly Fresh" Reed
- Dylan "Might Expire Tomorrow" Landes
- Nick "Just a little mold on the top" Barker
- Bonnie "Not entirely Gone Bad" Newton
- Glenn "Just eat around the brown spots" Abernathy
- Kyle "Just a little crunchy" Horowitz
- Will "Over Ripe" Craun
- Hogan "The expiration date was only yesterday" Holt

And introducing the newest improv babies that just joined the troupe this semester:

- Hannah Czarnaski
- JP Havranek
- Annie Taylor
- Anneliese Coffin

Please come out to the first show and support these wonderful performers! It's free as always!

**TNU First Meeting**

This lit bae is on fleek! How turnt! I ship that aesthetic. No chill, that's dope. Don't be salty!

Now that I've gotten the attention of all you crazy millennials, let's talk tea! Then you can be less thirsty! Ok I promise I'm done. On the 18th of September (i.e. this Sunday) there will be a Tea & You event!!!! The party is 2 pm to 3:30 pm in MCM 112, and as this is our first gathering, the theme is a welcome back/get to know you tea! There will be card and board games, snacks, tea and hot cocoa, and copious amounts of hype.

\*\*\*ALSO\*\*\* bring old books and movies to trade with others!

You stoked yet? This Sunday. 2-3:30 pm. MCM 112. FREE FOOD AND TEA. See ya there fam!

(enter sound of a stadium cheering)

Questions? Concerns? Great jokes? Contact [@marissa.pryor.14@cnu.edu](mailto:marissa.pryor.14@cnu.edu).

## Homecoming 101 - Student & Student Organization Involvement Information

Homecoming is right around the corner! If your organization would like to participate please have at least one member attend Homecoming 101, Tuesday, 20th, and Thursday, 22nd, at 12:30pm in Monroe, or Wednesday, 21st, at 5pm in Monroe! We will be going over the Homecoming Participation form as well as the Homecoming Court application and process! If your organization would like to have a candidate run for Homecoming Court, start thinking about who your candidate is going to be because applications will be out in just a few days!

If your organization does not have a candidate on the court we still encourage you to participate! You can sign up for the events held throughout the week where you will have opportunities to earn points. The organization who earns the most points will win this year's "Captain's Cup", which will be announced during half time along with the King and Queen. All organizations must sign up through the compass to participate! That Homecoming Participation form, along with the Homecoming Court application, will be available Sept. 19th on the Class Council's Compass page, and must be completed by Noon on Oct. 5th.

# Campus Programs and Announcements

## Affordable Programs Abroad

Join us in MCM 164 on Tuesday, September 20th at 12:30PM to hear about how you can go on an affordable study abroad program! We hope to see you there!

## Peak Performance Workshop Announcement

Friday Peak Performance Workshops: Topics in Mental Health and Good Living...for Musicians

Although designed for music majors, this workshop series is open to any who wishes to manifest their highest creativity and fullest potential.

Session #1: "Getting Your House in Order"

2:00-2:50 on Friday September 23rd in FERGUSON A183

This workshop series will kick-off with this vitalizing session dedicated to setting yourself up for success in the upcoming semester, and beyond. Time will be dedicated to discovering intrinsic sources of motivation and inspiration, establishing a sense of creative purpose, and getting organized both "inside and out." This session will serve as the foundation and guiding force for future sessions.

Presented by Kevin Joyce, M.M., M.Ed., LPC

Contact: [kevin.joyce@cnu.edu](mailto:kevin.joyce@cnu.edu)

### Attachment

## Lucky Chops at the Ferguson Center This Sunday

Two bands for ten bucks this Sunday @ The Ferg!

Come see Lucky Chops this Sunday, Sept. 18 @ 7 p.m. This cutting-edge brass band captures the energy of a rock band and fuses it with the danceability of an EDM DJ. Amateur video of the group's legendary performances in the NYC subway went viral (40 million views and counting), planting them firmly on the worldwide stage.

Opening set by Lawrence.

Student Tickets:\$10! Bring your CNU I.D. to the Ticket Office to purchase tickets.

## **Slice of Business Life: Cambridge Associates**

Come hear about institutional investing with Cambridge Associates!

Tuesday, September 20, 12:15-1:30 in Luter 121

Pizza will be provided.

If you have questions please email [cailin.ramsey.14@cnu.edu](mailto:cailin.ramsey.14@cnu.edu)

### ***Attachment***

## **The L.E.A.D Challenge**

This is a challenge for all students interested in gaining the knowledge, awareness, and skills to successfully engage in campus life-regardless of previous involvement or leadership experience. Through participation in the program, students will learn more about themselves and the critical skills needed to become Captains who engage in lives of meaning and purpose.

You can get more information by clicking this link. You can join this experience by clicking here!

If you have any questions please contact Office of Student Activities [osa@cnu.edu](mailto:osa@cnu.edu)

## **First PHIL/RSTD Film & Philosophy Night of the Semester**

Join Philosophy and Religious Studies for the first Film & Philosophy Night of the Semester:

Thursday, September 22, 2016

7:15 pm

McM 101

Film Screening with Discussion to Follow.

For questions, please contact Dr. Matthew Homan at [matthew.homan@cnu.edu](mailto:matthew.homan@cnu.edu)

Philosophy & Religious Studies

MCM261

757-594-8827

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Office of Student Activities

DSU 330

Christopher Newport University

757-594-7260

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

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**6 attachments**

**Red Dress Gala.jpg**  
461K



**Kappa Kappa Psi**  
519K



**Exercise to Have Fun**  
99K



**Slice of Business Life-Institutional Investing.pdf**  
346K



**AKA- Major Bag Alert.pdf**  
875K



**Peak Performance Poster**  
311K