



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

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## Campus Announcements - September 25

1 message

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**Frank Council** <franklin.council@cnu.edu>

Fri, Sep 25, 2015 at 9:11 AM

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

Bcc: students@cnu.edu

# Campus Announcements: Daily Digest

**Friday, September 25**[CAMPUS ACTIVITIES EVENT CALENDAR](#)

## TODAY

- **Tribble Library Chamber Music Series: University Orchestra - 12pm**
- **Walk In Resume Reviews with Bruce Knight**
- **CAB Presents...Fall Fest Featuring The Mowgli's: 4-7pm**
- **Neuroscience Speaker + Honors Event - 4pm**
- **FREE Fitness Class: Kickbox and Core - 5:30pm**
- **Sigma Alpha Iota Fall 2015 Recruitment Week - 7pm**
- **A Troupe Called Quest Presents: Impromptu Boogaloo (FREE Improv Show) - 8pm**
- **Thrive - 8pm**
- **CNU Hockey's Club Night - 10pm**

## Upcoming Student Events

- **Home Athletics This Weekend**
- **CNU Hockey vs Liberty - Friday / Saturday**
- **Black Student Union Meeting - Sunday**
- **Campus Celebrity Change Wars! September 28th-**

# October 1st

## Campus Programs and Announcements

- **Anxiety 101 Workshops Fall 2015**
- **Sandy Hackett's Rat Pack Show at the Ferguson Center - Sunday**

# Today

## Tribble Library Chamber Music Series: University Orchestra - 12pm

Mr. J. Lynn Thompson, conductor

Tribble Library Rotunda

## Walk In Resume Reviews with Bruce Knight

Friday, 9/25 (1-4 PM)

Christopher Newport Hall, Suite 305

Former hiring manager Bruce Knight will be doing walk in Resume Reviews in the CCP's new digs!

## CAB Presents...Fall Fest Featuring The Mowgli's: 4-7pm

**\*LOCATION HAS CHANGED TO FREEMAN FIELD HOUSE\***

Campus Activities Board's annual FALL FEST will be here very soon! This year's theme is Around the World! There will be internationally themed games, food, prizes, activities, music, and plenty of giveaways--the best part is EVERYTHING IS FREE! There will also be a special musical performance by the band, the Mowgli's (see below)!! Many clubs and organizations will have a table during Fall Fest with a themed activity, food, etc. from a city around the world (see below for how to sign your club/organization up!). You will NOT want to miss this annual event!

When THE MOWGLI'S first landed on the scene, their message of positivity and love resonated with audiences everywhere. The groups first album Waiting For Dawn debuted at #4 on the Billboard Charts and introduced the world to their first hit "San Francisco". Now The Mowgli's are back with their new album Kids In Love and are here to show the world who they are. For fans of Fun., Grouplove, Fitz & The Tantrums, Walk the Moon, Neon Trees, Twenty One Pilots and Imagine Dragons.

When: Friday, September 25, 2015 4-7 PM (Mowgli's performing at 5)

Where: **FREEMAN CENTER FIELD HOUSE** (Note: This is a change due to the possibility of inclement weather.)

Who: Everyone!!!

Attention all clubs and organizations: the theme this year is 'Around the World.' We are hoping each club chooses a different city to portray and would have a food/game/activity that goes along with that city. This year, Fall Fest is going to be on Friday, September 25th from 4-7pm on the Great Lawn. The sign up form for clubs is now available on The Compass (go to Campus Activities Board and look under the "Forms" tab). Thursday will be the last day your organization can sign up. If you have any questions please email CAB at [cab@cnu.edu](mailto:cab@cnu.edu).

**attachment**

## Neuroscience Speaker + Honors Event - 4pm

The first guest for this semester's Neuroscience Speaker Series will be TODAY at 4pm in Forbes 1022. Sarah Blankenship is a Ph.D. candidate at the University of Maryland and will present on the topic of neural development in young pediatric populations, with a specific focus on the influence of early life experience on the developing hippocampus. There will be a short Q&A following her research presentation. This event is open to EVERYONE and is an APPROVED HONORS EVENT.

**attachment**

## FREE Fitness Class: Kickbox and Core - 5:30pm

Punch and kick your stress away in this fun, energizing workout! Includes core work and a relaxing stretch!

When? Friday, September 25

Time? 5:30 - 6:30 p.m.

Where? The Freeman Center, Triesmann Health and Fitness Pavilion, MPR 1

Instructor? Lisa Wingfield

More info? <http://bit.ly/1yA1qW4>, [fitness@cnu.edu](mailto:fitness@cnu.edu) or (757) 594-7882

## Sigma Alpha Iota Fall 2015 Recruitment Week - 7pm

Friday, September 25

Formal Recruitment Dinner - 7-9:30pm, DSU Ballroom

Contacts: Melanie Baughan (Fraternity President); Patricia Winchester (Vice President Membership)

## A Troupe Called Quest Presents: Impromptu Boogaloo (FREE Improv Show) - 8pm

After a summer filled with nonsense, this goof troupe is back in action with their first improv show of the year! This is an invitation to all you improvaholics to send your sponsors on vacation and enjoy the comedic styling of Mitchell Kohlhaas, Charlie McCracken, Glenn Abernathy, Art Ross, Kyle Horowitz Will Craun, Alice Boyars, Hogan Holt, and introducing our two newest members: Bonnie Newton and Natalie Azzam!!!

The show is this Friday the 25th at 8 PM in the Gaines Theater absolutely free! See ya there!

Contact [mitchell.kohlhaas.12@cnu.edu](mailto:mitchell.kohlhaas.12@cnu.edu) for all your improv related inquiries.

## Thrive - 8pm

Come join us on September 25th at 8pm in the plaza to worship God through song, art, prayer and dance. It will be a time to unite all campus ministries to worship our common love, God. We hope to see you there and all are welcome!

## CNU Hockey's Club Night - 10pm

Come out to CNU Hockey's Club Night on September 25th as we take on Liberty University. As a club ourselves, we can appreciate all the hard work that you all are putting into your various campus organizations. Part of this hard work includes raising funds to finance all of your awesome activities. So we want to give back to the CNU club community and offer you the chance to win money for your club just by showing up to our game! Show up and tell us what club you are representing and we will keep a tally of whichever club brings out the most fans. The club with the most attendees wins a portion of our sales for the night! Hope to see you all there!

Admission:

\$3 with CNU Student ID  
\$5 for non-students

**\*\*we will not be counting Greek organizations at this event, there will be another game specifically for Greek Life in late October.\*\***

**\*If you can't make it on Friday night, come out on Saturday, Sept 26 at 4PM to watch us take on Liberty a second time!\***

***attachment***

# Upcoming Student Events

## Home Athletics This Weekend

- Saturday, 9/26, 4:30pm: Women's Soccer vs Frostburg State University
- Saturday, 9/26, 7pm: Men's Soccer vs Penn State - Harrisburg

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

## CNU Hockey vs Liberty - Friday / Saturday

Come out to CNU Hockey's Club Night on September 25th as we take on Liberty University. As a club ourselves, we can appreciate all the hard work that you all are putting into your various campus organizations. Part of this hard work includes raising funds to finance all of your awesome activities. So we want to give back to the CNU club community and offer you the chance to win money for your club just by showing up to our game! Show up and tell us what club you are representing and we will keep a tally of whichever club brings out the most fans. The club with the most attendees wins a portion of our sales for the night! Hope to see you all there!

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***attachment***

## Black Student Union Meeting - Sunday

Our next meeting of the semester will be on Sunday, September 27th at 4:00pm in DSU Jefferson.

"My Black Is..."

We want to know how you identify with your race and culture. All are welcome to attend.

## Campus Celebrity Change Wars! September 28th- October 1st

Who should be CNU's next campus celebrity? Pick from some of your favorite Captains by dropping change into their jar while stopping by our booth in the DSU Breezeway September 28th through October 1st from 11-2. Winners will be featured on the Her Campus site and on social media, and will have the satisfaction of being a CNU Celebrity! The list of contestants are: Arlyn Thaler, Quinton Pace, Marie Connoles, Brian Larson, and Frank Council!

# Campus Programs & Announcements

## Anxiety 101 Workshops Fall 2015

Do you feel bullied by your anxiety? 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.

September 29 (Tuesday) 6-7pm Luter 264

October 20 (Tuesday) 6-7pm DSU Harrison

November 2 (Monday) 6-7pm DSU Harrison

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

You can register in four ways!

- Call [757-594-7047](tel:757-594-7047)
- Stop by Counseling Services and fill out sign-up sheet
- Email [stacey.villanueva@cnu.edu](mailto:stacey.villanueva@cnu.edu)
- Go to <http://goo.gl/forms/CfLG4tjyVv>

## Sandy Hackett's Rat Pack Show at the Ferguson Center - Sunday

Sunday, 9/27, 7pm

There is ONLY one REAL Rat Pack Experience! Hackett Miller's critically acclaimed production, [Sandy Hackett's Rat Pack Show](#) is the Presenters' Choice for the finest performing arts centers across the country. Broadway World writes, "The Best Show of the Year!" (reviewed at the Kauffman Center for the Performing Arts). Having their own personal connection to the Rat Pack has allowed the producers to tell this story like no one else can. Sandy Hackett's father was legendary comedian, Buddy Hackett, and producer Lisa Dawn Miller's father was legendary songwriter, Ron Miller, who wrote For Once In My Life (recorded by every member of the Rat Pack) and many other huge hits. Together, Hackett and Miller have created a truly entertaining theatrical production based on the musical and comedic legacy of the Rat Pack.

For additional information about this performance, please go to the [EVENT PAGE](#).

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**Frank Council**  
**Director, Office of Student Activities**

Christopher Newport University  
(757) 594-7260  
[franklin.council@cnu.edu](mailto:franklin.council@cnu.edu)

*What you do speaks so loud, that I cannot hear what you say.*  
- Ralph Waldo Emerson

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3 attachments



Hockey\_club\_night\_promo.jpg  
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CAB\_Fall Fest 2015.png  
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