



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

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## Campus Announcements - November 3

1 message

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

Thu, Nov 3, 2016 at 8:55 AM

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

Bcc: students@cnu.edu

# Campus Announcements: Daily Digest

**Thursday, November 3**

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

#### Today

- **Delta Gamma's Panera Fundraiser: 4:00-8:00pm**
- **Anxiety 101: 5:30pm**
- **Alpha Kappa Alpha Sorority, Inc Nu Epsilon Chapter: Kasual  
Konversations Tea Party: 7:08pm**
- **Spectrum Presents: True Life: 8:00pm**

#### Upcoming Events

- **Pi Lambda Phi - Drunk Driving Awareness Event**
- **NAMI Presents safeTALK Suicide Alertness Training**
- **Opera CNU Presents Mozart's "Così Fan Tutte"**
- **Live Mercy: The Refugee Documentary**
- **Cru "Txt 4 Cookies"**
- **Lyft Fundraising with Alpha Kappa Psi**
- **Paint Your Own Pottery with Kappa Pi**

#### Campus Programs and Announcements

- **Registered to Vote in Newport News?**
- **Want to develop some skills for your summer internship?**
- **Request Private Tutoring**
- **Sophomores: November 2016 Newsletter**
- **Fitness Happy Hour at your favorite Bar...bell**
- **Philosophy & Film Night**
- **Student Tickets for Big Head Blues Club featuring Big Head Todd and The Monsters**
- **Wellness Thursdays: Workshops for Mental Health and Good Living**
- **CNU Engage Presents "We Sing For Food"**
- **Luter Lecture Series Event: Mr. Barry Eccleson**

# Today

## Delta Gamma's Panera Fundraiser: 4:00-8:00pm

Come out to Panera this Thursday, November 3rd from 4pm-8pm to help raise funds for our philanthropy, Service for Sight! Bring the attached flyer, show it electronically on your phone, or mention Delta Gamma at the register to help us Do Good! Hope to see you there!

**Attachment**

## Anxiety 101: 5:30pm

The Anxiety 101 Workshop is a 60 minute crash course exploring your unique anxiety and coping. Join us on November 3rd at 5:30 p.m. in Forbes 212

## Alpha Kappa Alpha Sorority, Inc Nu Epsilon Chapter: Kasual Konversations Tea Party: 7:08pm

Interested in learning about Alpha Kappa Alpha Sorority, Inc and the Nu Epsilon Chapter? Come to our Kasual Konversation Tea Party! We will be hosting an informational forum in Freeman 201 on Thursday, November 3, 2016 at 7:08 PM. Please come in business casual attire! Excited to see you all there!

**Attachment**

## Spectrum Presents: True Life: 8:00pm

Come out and hear the experiences of LGBTQIA+ students on campus! We've put together a panel of students who are going to share their stories, thoughts, and opinions. There will also be opportunities to ask questions! The event starts at 8PM in the Gaines on November 3rd! This event is also a PLP event!

**Attachment**

# Upcoming Events

## Pi Lambda Phi - Drunk Driving Awareness Event

Sign the pledge to not drink and drive! The brothers of Pi Lambda Phi, with the assistance of CNU PD, will be hosting a drunk driving awareness event in the DSU Breezeway on Friday, November 4th from 11 to 1. We will have special goggles that simulate drunkenness and an obstacle course to show just what it's like to maneuver around while drunk.

Hosted in memory of William C. Schlifke, our brother who was killed by a drunk driving incident in 2008

## NAMI Presents safeTALK Suicide Alertness Training

The National Alliance on Mental Illness (NAMI) is excited to present safeTALK, a suicide alertness program designed by LivingWorks Education. This three-hour training will teach you to spot the warning signs of suicide and connect the individual to life-saving services. It will be held this Saturday, November 5, 2016 from 1 to 4 PM in Forbes 2070E and again on Monday, November 7, 2016 from 6 to 9 PM in Forbes 3014.

If you are interested, please fill out the following form and indicate your preferred training session. Only thirty people may attend each training, so sign up now!

<https://goo.gl/forms/fy8oNwvgLm8mnLR53>

If you have any questions, feel free to contact NAMI at [nami@cnu.edu](mailto:nami@cnu.edu) or NAMI's President, Paige Long, at [paige.long.15@cnu.edu](mailto:paige.long.15@cnu.edu). For more information, visit <https://www.livingworks.net/programs/safetalk/>.

**Attachment**

## Opera CNU Presents Mozart's "Così Fan Tutte"

(performed in English)

When was the last time you saw a fully staged opera by Mozart performed in English....for FREE?

Come see Opera CNU's "Così Fan Tutte" this Friday and Saturday (Nov. 4&5) at 8pm in the Music and Theatre Hall!

Tickets are free with your student ID!

This opera is full of wonderful music, an orchestra and plot-twisting surprises! You don't want to miss it!

Email [stephanie.swift.13@cnu.edu](mailto:stephanie.swift.13@cnu.edu) for any questions or concerns

### Attachment

## Live Mercy: The Refugee Documentary

A refugee crisis is unfolding around the world. We captured the honest stories of a few who chose to respond with mercy.

Join the Ekballo Project on the LIVE MERCY film tour. CNU Pope Chapel, 7pm, Free Admission!

The purpose of our LIVE MERCY tour is threefold:

- 1) Awaken hearts to the truth of James 2:13, "Mercy triumphs over judgment," in the context of the present refugee crisis.
- 2) Stir up adoration for Jesus by displaying His love at work among refugees.
- 3) Call individuals to actively respond with mercy, asking God for clear steps to minister His Love, Gospel, and mercy in this moment of need.

[www.ekballoproject.com](http://www.ekballoproject.com)

INSTAGRAM: @ekballoproject

### Attachment

## Cru "Txt 4 Cookies"

Cru is back with TXT 4 COOKIES! Text CNUcookies16 to 85005 and ask a question about God/religion by this Thursday at 2pm to get FREE cookies delivered to your room!

## Lyft Fundraising with Alpha Kappa Psi

Unlock your FREE ride credit! Hosted by Alpha Kappa Psi, the Professional Business Fraternity. Use code RIDEAKPSI to start your first Lyft adventure to receive \$5 credit off your next 10 rides!

- 1) Download the Lyft app
- 2) Enter the code in the 'Payment' section to reveal the amount
- 3) Request a ride

Every time the code is used and a ride is request, Alpha Kappa Psi will receive \$10 towards our chapter. Help us make this fundraising event a success!!

## Paint Your Own Pottery with Kappa Pi

AFTER YOU VOTE COME PAINT YOUR OWN POTTERY with Kappa Pi, the art honor fraternity.

NOVEMBER 8th, 2016 7-9pm @ Ferguson T195 (Painting Studio)

Paint figurines, ornaments, pots, bowls or buy already painted pieces.

Enjoy cider, cocoa and cookies while you paint with friends.

Prices starting at \$5 and up, all inclusive.

All pieces will be fired and ready for pickup before finals.

If you have any questions please contact Alicia Lurie: [alicia.lurie.13@cnu.edu](mailto:alicia.lurie.13@cnu.edu)

### Attachment

# 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!

## Want to develop some skills for your summer internship?

If you are looking for a course that prepares you to be competitive for a summer internship, consider taking English 454W Writing for Civic Engagement this spring term. You will develop public relations and grant writing skills. English 454W is also a core course in the popular Minor in Civic Engagement. See Professor Roberta Rosenberg, Director, for more information.

## Request Private Tutoring

The last day to request a private tutor through the Center for Academic Success is Friday, November 4th. Submit the tutor request form at [https://docs.google.com/a/cnu.edu/forms/d/19\\_qIsPunvzdn\\_vhhoR8gNlNyA-XIFvEYeakBdMsDk0Y/viewform?edit\\_requested=true](https://docs.google.com/a/cnu.edu/forms/d/19_qIsPunvzdn_vhhoR8gNlNyA-XIFvEYeakBdMsDk0Y/viewform?edit_requested=true)

Private One-on-One Tutoring is available with prior approval from the Tutoring Coordinator. Private Tutoring sessions are one hour in length and are limited to four initial sessions. At the completion of four sessions, the student may request additional sessions and the Tutoring Coordinator will re-evaluate the progress of the student to determine if additional sessions are warranted.

## Sophomores: November 2016 Newsletter

Sophomores,

Check out the November 2016 newsletter written specifically for you! November's theme is Finding Internships.

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

## Fitness Happy Hour at your favorite Bar...bell!

Come join us this Friday for a FREE fitness class that builds strength, tones muscles, and burns calories!

T.A.B.S. (Tone and Build Strength) - A high-energy, total body workout focused on toning and strengthening all the major muscle groups in a fun, weights-based class. All fitness levels welcome.

Date: Friday, Nov. 4

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

Location: The Freeman Center, Triesmann Health and Fitness Pavilion, Multipurpose Room 2

Instructor: Natalie

#GetFitCNU!

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

## Philosophy & Film Night

Join Philosophy & Religious Studies for another Film and Philosophy Night

Movie to be viewed and discussed: Birdman

Date: Thursday, November 10, 2016

Time: 7:00 PM

Location: MCM101

Contact information:

Dr. Joe Balay

Philosophy and Religious Studies  
[joe.balay@cnu.edu](mailto:joe.balay@cnu.edu)

**Attachment**

## **Student Tickets for Big Head Blues Club featuring Big Head Todd and The Monsters**

with Mud Morganfield, Billy Branch, and Ronnie Baker Brooks present 'The Songs of Willie Dixon'

Thursday, November 10 @ 7:30 PM  
Student Price: \$15 (Please bring your CNU I.D. to the ticket office)

If you're a fan of Muddy Waters and Bo Diddley, or even Led Zeppelin, Jimi Hendrix and the Rolling Stones, then you've heard the songs of Willie Dixon. This season, Big Head Todd and the Monsters will join forces with three second-generation blues stars to pay tribute to Dixon, one of the pillars of modern blues and most influential songwriters of early rock and roll. Joining the band for this tour will be Mud Morganfield, the eldest son of Muddy Waters; Grammy Award nominee Billy Branch; and accomplished blues guitarist Ronnie Baker Brooks, son of Chicago blues master Lonnie Brooks. Together, these artists form the 2016 incarnation of the Big Head Blues Club, armed with their own blues material as well as a playlist from Willie Dixon, possibly the most prolific and accomplished songwriter in modern blues and rock.

**Attachment**

## **Wellness Thursdays: Workshops for Mental Health and Good Living**

Wellness Thursday: Workshops for Mental Health and Good Living.

Topic for Thursday, November 10: Understanding Depression

Forbes 2070C, 12:30-1:20 PM

As part of this on-going workshop series, Kevin from the Office of Counseling Services will discuss Depression: Where it comes from, what it looks like, and, most importantly, how to move through depression to brighter and happier times.

Questions?: Contact Kevin at [kevin.joyce@cnu.edu](mailto:kevin.joyce@cnu.edu)

**Attachment**

## **CNU Engage Presents "We Sing For Food"**

Join the Center for Community Engagement in the Tribble Plaza on Monday, November 7th from 5:00-6:00pm to hear members of CNU's Faculty and Staff sing for food in support of the 9th Annual Food For Thought Campaign! Bring a non-perishable food item and come enjoy the musical talents of CNU's very own Brian Larson, Kip Redick, and Brad Brewer!

**Attachment**

## **Luter Lecture Series Event: Mr. Barry Eccleston**

You are cordially invited to attend this special Luter Lecture Series Event: Mr. Barry Eccleston, President of Airbus Americas, will be here on campus on Tuesday, November 15, 2016, from 6:00 PM - 7:00 PM in Gaines Theater for a presentation on "Reflections on Life in Global Business." (reception to follow).

Airbus Americas, headquartered in Herndon, VA, has 7 US facilities, employing over 1400 people nationwide. The company has held 40% of the US market share for aircraft deliveries for the past 10 years. Airbus not only develops, manufactures and sells jet airliners; the company also provides advanced air traffic management products and safety and technical affairs government relations. (Airbus employs talented people in sales, marketing, communications, computer science, engineering and other fields.)

Don't miss this once in a lifetime opportunity to hear Mr. Barry Eccleston speak


**Attachment**

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Office of Student Activities  
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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!

13 attachments



SPECTRUM PRESENTS  
**TRUE LIFE**  
NOVEMBER 3<sup>RD</sup>  
CHURCH OPEN  
GAMES THEATER  
POP EVENT

**Spectrum Presents: New Life**  
117K



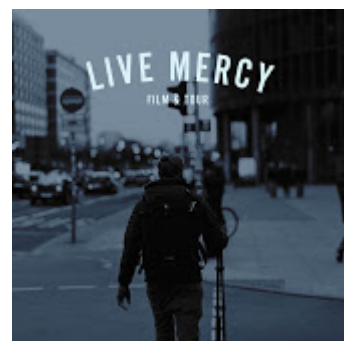
CHU OPERA  
**GOSI FAN TUTTE**  
NOVEMBER 4 & 5, 2015 AT 8 PM

**Opera CNU**  
74K



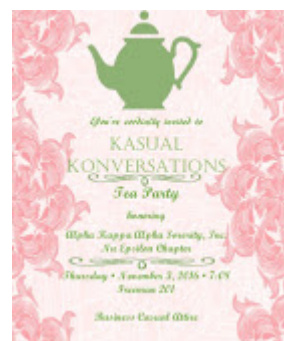
Big Head Blues Club  
featuring Big Head Todd  
and the Monsters  
With Mud Morganfield, Billy Branch  
and Ronnie Baker Brooks present  
The Songs of Willie Dixon  
THURSDAY, NOVEMBER 10

**Big Head Todd**  
70K



**LIVE MERCY**  
FILM & BOOK

**Live Mercy**  
73K



You're cordially invited to  
**KASUAL CONVERSATIONS**  
Tea Party  
Sponsored by  
Alpha Kappa Alpha University, Inc.  
The Epistolary Chapter  
Thursday • November 3, 2015 • 7:00  
Fountain Hall

**Alpha Kappa Alpha**  
176K



**Bird Man**  
507K



**NAMI Safe Talk**

40K



**Sophomores nov 2016**

764K



**Wellness Flyer**

263K



**We Sing for Food**

119K



**Barry Eccleston Luter Lecture**

415K



**Paint your own pottery.pdf**

155K



**Delta Gamma Panera Fundraiser**

235K