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Campus Announcements - September 3

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Frank Council <franklin.council@cnu.edu>

Thu, Sep 3, 2015 at 9:12 AM

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

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Thursday, September 3

[CAMPUS ACTIVITIES EVENT CALENDAR](#)

TODAY

- **American Red Cross Blood Drive Sponsored by Delta Upsilon: 11am-5pm**
- **Student Assembly Meet and Greet: 12:15-1:30pm**
- **REACH Fall Break Trip Interest Meeting - 12:15pm**
- **CNU Voices Auditions: 12:20-1:20pm**
- **Sophomore Career Boost: 12:30-1:30pm**
- **1st International Justice Mission Meeting of the Semester - 12:30pm**
- **Peace, Love, and Delta G: 3-5pm**
- **Campus Girl Scout Interest Meeting - 5pm**
- **Hispanic Organization for Leadership Advancement (HOLA) - Interest Meeting - 6pm**
- **Alpha Phi Omega Rush Week - Interest Meeting - 6pm**
- **RHA Interest Meeting - 7pm**
- **Entrepreneur Club's First Meeting of Bright Ideas - 7pm**
- **Episcopal Campus Ministry Small Group - 7:30pm**

Upcoming Student Events

- **Pi Lambda Phi Fall Recruitment**
- **Circle K International Info Meeting**
- **Rush Alpha Kappa Psi, the Professional Business Fraternity**
- **Alpha Phi Alpha Fraternity, Inc. Interest Meeting**
- **CNU VeSPA Triple Shine**
- **Alpha Phi Omega Rush Week**
- **African Student Union Info Meeting**
- **Cru Large Group & Other Events**

Campus Programs and Announcements

- **NEW Student Tailgate Policy**
- **Painting the JR benches**
- **Yoga, Mindfulness, and Happiness in Costa Rica - Study Abroad May 2016**
- **FREE Fitness Classes**

Today

American Red Cross Blood Drive Sponsored by Delta Upsilon: 11am-5pm

Come give blood with the brothers of Delta Upsilon from 11am-5pm in the Ferguson M&T lobby! Never donated before? Bring a friend and donate together! As long as you are in good health, are feeling well, and weigh at least 110 pounds you are eligible. If you have any questions or you're looking for more information, visit redcrossblood.org or come by the drive and volunteers or staff will be happy to help you.

Student Assembly Meet and Greet: 12:15-1:30pm

Interested in becoming a member of CNU's student government? Be Sure to come out to the Tribble Plaza today between 12:15pm and 1:30pm. Current members of CNU's Student Assembly will be there to answer any questions, as well as offer you free Ritas and a chance to win a gift card to 7-11. We hope to see you there!

REACH Fall Break Trip Interest Meeting - 12:15pm

When: September 3rd

Time: 12:15pm

Where: MCM 160

Love service? Come learn about how you can serve with REACH this Fall Break at our Fall Break Interest Meeting! We

hope to see you there! There will be a second interest meeting on Thursday, Sept. 3, at 12:15pm in MCM 160!

For any questions contact: peyton.bolling.13@cnu.edu

CNU Voices Auditions: 12:20-1:20pm

Come out to audition for CNU Voices on Thursday, September 3rd from 12:20-1:20pm in the Ferguson. Please visit <http://thecnuvoices.weebly.com/auditions.html> to sign up for an audition time.

CNU Voices is a selective, student run vocal ensemble. The core of our repertoire is a Capella chamber music, though we do perform other styles of music as well. We are a representative group of the CNU Music Department as well as individuals outside of the Department of Music, and are called on often to perform at concerts and events on campus and around the area.

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Sophomore Career Boost: 12:30-1:30pm

Investigate key career issues for sophomores, including finalizing your major, exploring career options, conducting informational interviews and experiential learning, internship planning, decision-making, resume writing, and more!

Thursday September 3 12:30 - 1:30 PM, DSU Washington. Contact Kirstyn St. Pierre or Libby Westley.

1st International Justice Mission Meeting of the Semester - 12:30pm

Thursday, September 3, 12:30-1:15 PM
McM 200D

Interested in fighting forms of violent oppression like modern slavery and sex trafficking? Come see what IJM @ CNU is all about!

Education, Advocacy, Empowerment

Peace, Love, and Delta G: 3-5pm

Interested in Greek Life? Join the sisters of Delta Gamma on the JR Courts this Thursday, September 3, from 3-5 as we show you what's groovy about going Greek. Be ready for some far-out music and flower crowns!

Campus Girl Scout Interest Meeting - 5pm

Come out and join us at our first meeting of the year. Our meeting will be Thursday Sept. 3 @ 5-6pm in Einstein's Room 111A! We will be discussing our big plans for the Fall semester as well as getting to know everyone. Please bring a brain full of ideas so we can start this semester running!

If cannot make it, but still want to be involved, please email us at cgs@cnu.edu so we can add your name to the email list.

Hispanic Organization for Leadership Advancement (HOLA) - Interest Meeting - 6pm

Interest meetings will be Thursday, Sept. 3 at 6pm in McMullan 101 & Monday, Sept. 7 at 6pm in McMullan 260

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Alpha Phi Omega Rush Week - Interest Meeting - 6pm

Do you like community service? Do you like leadership opportunities? Do you like friendship? Why not come and meet the brothers of Alpha Phi Omega, CNU's co-ed service fraternity! Information sessions will take place this week in the DSU Jefferson and you must attend at least one in order to rush. Information sessions are: Wednesday (9/2) at 9:00 PM, Thursday 6:00 PM, and Friday 4:00 PM. We can't wait to meet you! Please e-mail martha.karnes.12@cnu.edu with any questions!

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RHA Interest Meeting - 7pm

Come on out to the Harrison room in the DSU at 7:00pm on September 3rd to learn about RHA! Come hear about our upcoming events and how you can be apart of our organization. Hope to see you there!

Entrepreneur Club's First Meeting of Bright Ideas - 7pm

Hey Everybody!

We hope you all had some fun this summer and we are so excited to get back at it! The Eboard has a new direction and lots of enthusiasm to provide some incredible events and learning opportunities for you this year!

Hope you all have had an awesome first couple days of classes! But if not... let's do something fun! The first ECLUB meeting is going to be:

Thursday, September 3rd @ 7pm in LUTR 256 (student reading room)

We'll be doing some radical ice breakers, there will be some cool surprises, and maybe some food! Who knows... :)

See you soon!!!

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Episcopal Campus Ministry Small Group - 7:30pm

Episcopal Campus Ministry will have a small group meeting on Thursday, September 3 at 7:30 p.m. in Conference Room A of the Chapel. Come join us as we share fellowship and conversation about scripture and faith. All are welcome.

Upcoming Student Events

Pi Lambda Phi Fall Recruitment

Come out to Pi Lambda Phi's Fall Rush! The events will be a good opportunity to get to know the brothers and have some free food. Our rush week schedule is as follows:

- Sunday, September 6 from 12-4pm -- Kickball on the Great Lawn

Come out and play a casual game of kickball with the brothers.

- Monday, September 7 from 5-7pm -- Pilam Rib Roast on the JR Courts

Enjoy some free ribs as the brothers of Pi Lambda Phi get to know you better.

- Tuesday, September 8 from 7-9pm -- Pilam Jam in the Crow's Nest

Brothers will be playing their instruments, singing and playing games. Come show off your skills or chill and relax with

brothers.

- Wednesday, September 9 from 8-10pm -- Bonfire Cookout at 66 Copeland Ln

The brothers of Pilam will be relaxing at a bonfire at one of the brother's houses. Burgers, s'mores, and other bonfire food will be provided.

- Thursday, September 10 from 7-9pm -- Formal Smoker in the Luter Atrium

Come listen to why we chose Pi Lambda Phi and the impact the fraternity has had on us. Please note that this event is invite only.

Be sure to check out our Facebook page at www.facebook.com/groups/PiLambdaPhiFall2015 for more information and updates.

If you have any additional questions, feel free to send an email to our VP of Recruitment, Brendan Player, at brendan.player.13@cnu.edu

Hope to see you there!!

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Circle K International Info Meeting

Interested in Community Service? Join Circle K International Sunday, September 6th at 7pm in Luter 142 for an information meeting and learn how you can join the world's largest student-led collegiate service organization! For more information or questions please contact: cnucirclek@gmail.com

Rush Alpha Kappa Psi, the Professional Business Fraternity

Rush Alpha Kappa Psi, the co-ed professional business fraternity!

Meet the brothers of Alpha Kappa Psi to learn how this organization can benefit your success at CNU and beyond.

September 7-11

M - 7:30 PM - Info Night - DSU Washington

T - 6:00 PM - Info Night - Freeman 101

W - 7:30 PM - Game Night - DSU Washington

TR - 7:30 PM - Alumni Night - DSU Washington

F - 4:00 PM - Brotherhood Night - Freeman 201

Questions? Contact our Vice President of Membership, Drew Berry at vpmembership.cnu.akpsi@gmail.com.

For more information on AKΨ, like/follow @cnuAKPsi on Facebook, Instagram and Twitter or visit www.akpsicnu.com.

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Alpha Phi Alpha Fraternity, Inc. Interest Meeting

Alpha Phi Alpha Fraternity, Inc. develops leaders, promotes brotherhood and academic excellence, while providing service and advocacy for our communities. Join the Brothers of Alpha Phi Alpha as we inform you on the history of our organization, our on and off-campus initiatives, insight on how to become a member of our organization. Our Information Seminar will be held on September 6th at 7:06PM in Forbes 2058. We hope to see you there.

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CNU VeSPA Triple Shine

On Saturday September 5th CNU VeSPA will hold our first major event, Triple Shine in Freeman 201. This will be a inter collegiate Smash Brothers tournament including students from CNU, W&M, and ODU. There is a 5 dollar buy in for the tournament and the winners will be awarded a cash prize so come on out and give it a shot!

Any question should be directed to our e-mail at vespa@cnu.edu

Alpha Phi Omega Rush Week

Do you like community service? Do you like leadership opportunities? Do you like friendship? Why not come and meet the brothers of Alpha Phi Omega, CNU's co-ed service fraternity! Information sessions will take place this week in the DSU Jefferson and you must attend at least one in order to rush. Information sessions are: Wednesday (9/2) at 9:00 PM, Thursday 6:00 PM, and Friday 4:00 PM. We can't wait to meet you! Please e-mail martha.karnes.12@cnu.edu with any questions!

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African Student Union Info Meeting

Hello Everyone, We're really glad we got to meet new and old faces at the Club Fair! Our first meeting of the semester will be Thursday, September 10 at 12:30pm in MCM 260. You can grab lunch and head on over as we discuss our upcoming events for the semester. We look forward to seeing you all again ! Enjoy the rest of your week :)

Contact: Deborah.Acheampong.13@cnu.edu or Alina.Sanchez.13@cnu.edu for any additional questions!

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Campus Programs & Announcements

NEW Student Tailgate Policy

This year, the only way to get a student discounted tailgate pass is to come to the CNU Athletic Ticket office located in the Freeman Center and purchase it. Student tailgate passes will be sold for \$10 Monday – Friday 9am-4pm starting on the Monday of a home football game week.

These passes must be purchased in person and you will need your student ID. This discount will not apply on game day. The student tailgate pass is ONLY valid for Lot E.

Painting the JR benches

CNU Paint the Benches. Clubs and organizations can enter to be in the random monthly drawing to paint one of the JR court Benches. Please enter via the following form (insert google link) by September 3rd as September's winners will be chosen on September 4th! Check the CNU Fellows facebook page for more information.

Google link: <https://docs.google.com/a/cnu.edu/forms/d/10jw5tPHVtsaxNIAKxLL-8acHeScsD-zrqrSzcfDRz-l/viewform>

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Yoga, Mindfulness, and Happiness in Costa Rica - Study Abroad May 2016

Hello CNU Students,

I would like to let you know about an exciting course that I will be leading next summer in a yoga spa on the Pacific Coast of Costa Rica: Happiness, Mindfulness, and Yoga in Costa Rica. I have attached a flier with all of the details, but, in a nutshell, from May 9 through May 27, 2016, we will learn how the practice of yoga and mindfulness can make us happier people. Your instructors are deeply acquainted with the theory and practice of yoga, happiness, and mindfulness, and Costa Rica has been named the happiest country in the world, so consider joining us for what will be a stimulating and fun course for which you will also earn three academic credits.

Check out the following websites for more info or email me at kruse@cnu.edu or stop by MCM259F.

Prof. Ken Rose

<http://cnu.abroadoffice.net/internal-program-description-Happiness-Mindfulness-and-Yoga-in-Costa-Rica--154611-0.html>

<https://www.facebook.com/groups/1400912790233717/>

<http://www.lifeforceyoga.org/>

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FREE Fitness Classes

Why fitness classes? Read about the benefits here <http://bit.ly/1PGOHom>

Classes start Sept. 7, and the first week is FREE!

So, kickbox, flex, bend, cycle and dance your way to fitness! #GetFitCNU!

For the class schedule or for more info, go to our website (<http://bit.ly/1yA1qW4>), email fitness@cnu.edu or call (757) 594-7882.

To find out what is happening on and around CNU, go to **The Compass** and check out the **CAMPUS ACTIVITIES EVENT CALENDAR!**

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Frank Council
Director, Office of Student Activities

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

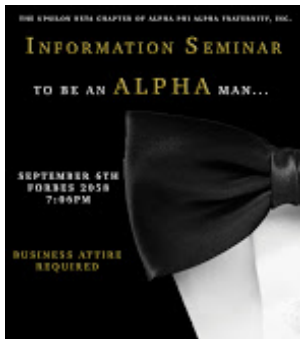
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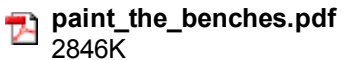
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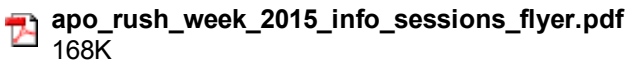
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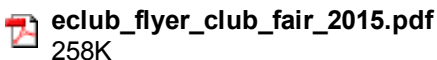
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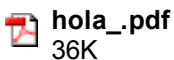
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