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Campus Announcements - February 5

1 message

Office of Student Activities <osa@cnu.edu>

Fri, Feb 5, 2016 at 9:38 AM

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

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Friday, February 5**February is...****American Heart Month - Link****Black History Month - Link**[CAMPUS ACTIVITIES EVENT CALENDAR](#)

TODAY

- **KDR & ASA's Polar Plunge: 11:00am-2:00pm**
- **Study Abroad for Fine Arts: 4:00-5:00pm**
- **Free Cycle or Yoga for Heart Health: 5:30-6:30pm**
- **100 Days 'Til the Tassel Turns: 6:00pm**
- **Soundscapes Benefit Concert: 7:00pm**
- **Black on Black Rhyme: 7:30pm**
- **CNU Tonight's Spring Show 8:00pm**
- **CAB Presents...Ice Skating at Hampton Roads IcePlex: 9:00pm**
- **Engagement Week - Prize Cart**
- **Application Deadline for RHA Eboard**

Upcoming Events

- **Home Athletics This Weekend**
- **Captain's Ball 2016 Tickets Are Running Out - Saturday**
- **Phi Alpha Delta Application Deadline - Saturday**
- **Delta Sigma Theta Sorority, Inc. - Operation Sweetheart**
- **United Campus Ministries Is Making Valentines for Retirement Community**
- **ASU Valentine Candy Grams**
- **Constitutional Conversations**
- **S.A.V.E. Swipe Left**
- **First Free Thinkers at CNU Meeting**
- **Pancake Supper for Shrove Tuesday**
- **Doughnuts with Dems - CNU Young Democrats Interest Meeting**
- **Delta Sigma Theta Sorority, Inc. & Young Democrats - Delta Debate Watch**

- **Volunteers Needed for UCM Potato Drop**
- **Sing Your Heart Out A Capella Invitational**
- **French Club Mardi Gras Mixer**
- **"Miss Black & Gold" Scholarship Pageant**
- **Relay for Life**

Campus Programs and Announcements

- **PLP Coffeehouse - Adventures in Asia**
- **Mock Interview Day**

Today

KDR & ASA's Polar Plunge: 11:00am-2:00pm

To raise money for the Special Olympics organization, the brothers of KDR and sisters of ASA will be plunging into cold water not once, but twice!!!

We will be outside the DSU near the great lawn from 11-2PM. Come by and make a donation to Special Olympics and you will get to soak the brother of your choice with ice water! Donate \$1 to dump a bucket of water on them or \$3 to make them jump i a kiddie pool. Also, we will be selling hot chocolate for \$1 to keep you all warm and cozy as you watch us freeze! All proceeds will be donated to Special Olympics!

Later, remember to support ASA by visiting Yogurtini on east campus from 5-10 PM on Feb 5th because it is never too cold for fro-yo. Mention "Special Olympics" or "Polar Plunge" and they will donate \$10% of your sale! The official plunge will be happening Saturday morning at the Virginia Beach oceanfront.

Study Abroad for Fine Arts: 4:00-5:00pm

If you're a Fine Arts major and interested in study abroad, stop by Ferguson room A201 on Friday, February 5th from 4-5 pm to learn about potential programs. Hope to see you there!

Free Cycle or Yoga for Heart Health: 5:30-6:30pm

Celebrate Heart Health Month!

Friday, Feb. 5

5:30 - 6:30 p.m.

CYCLE INTO HEART HEALTH MONTH

Treat your heart to some cardio love! Features cardio and strength training through high-intensity intervals and resistance-building rides while jamming to "heart" themed music! Bring a water bottle and be prepared to sweat! Class is limited to 10.

Location: The Freeman Center, Triesmann Health and Fitness Pavilion, Multipurpose Room 1

Instructor: Jillian

or

YOGA FLOW

A mind/body practice focusing on breath, intension and poses. Flow from one yoga pose to the other for an energizing yet relaxing practice. Novice and experienced yogis welcome!

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

Instructor: Graham

#GetFitCNU!

For more info: <http://bit.ly/1yA1qW4> or fitness@cnu.edu or (757) 594-7882

like us on Facebook: <https://www.facebook.com/CNUFitness>

follow us on Twitter: @CNUFitness #GetFitCNU

100 Days 'Til the Tassel Turns: 6:00pm

The Office of Alumni Relations in partnership with the Senior Class Council are having "100 Days 'Til the Tassel Turns" celebration on Friday, February 5th on the Great Lawn. This is a seniors only celebration; alas, the event has already reached capacity.

Attachment

Soundscapes Benefit Concert: 7:00pm

Soundscapes is a nonprofit education organization dedicated to teaching life skills to disadvantaged youth in Virginia, through the study and performance of music. Come support this organization and enjoy performances by Phi Mu Alpha, Nu Kappa Epsilon, Kappa Kappa Psi, Sigma Alpha Iota. There will also be a raffle to win your choice of 4 unique baskets. February 5th

7:00 p.m.

Gaines Theater

\$2 Admission

Honors Event

Raffle tickets and entrance fee can be purchased at the door. Raffle tickets will also be sold in the DSU breezeway February 2nd, 4th, and 5th.

Black on Black Rhyme: 7:30pm

The Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. presents "Black on Black Rhyme". In honor of Black History month, we are hosting a performing arts showcase, which will allow individuals to display their talent through singing, poetry recital, spoken word, and musical instruments.

The event will be hosted February 5th, 2016 at 7:30pm in the Ferguson Center Black Box. Food will be provided at the event. Help us establish the mood for this classy event by arriving Dressed to Impress!

From January 25th, 2016 through February 4th, 2016 we will be tabling in the DSU Monday - Thursday so that you can make your reservations in advance.

It will cost \$3.00 in advance and \$5.00 at the door. However, spacing is very limited. Unfortunately, once we reach max capacity, we will not be able to accept entry at the door. We ask that you please reserve your spot in advance.

The Brothers of Alpha Phi Alpha Fraternity, Inc. truly appreciate the support that we have received from our surrounding community.

For more information contact Derick Stephenson Jr. using the following information:

Email: derick.stephenson.12@cnu.edu

Phone: 757-532-5731

We hope to see you there

Attachment

CNU Tonight's Spring Show 8:30pm

CNU Tonight, CNU's premier comedy group, is getting pumped up for our first show of the semester! Our friendly misfits are eager to show off some of their finest skits with the help of some very funny people. Whether you like to laugh or just like to enjoy watching a group of people have a good time together on stage, come out Friday, February 5th at 8:30pm in the M&T Theater. Doors open at 8pm. We can't wait to be C-N-U there!

CAB Presents...Ice Skating at Hampton Roads IcePlex: 9:00pm

Come out and skate your heart out! Everything is free including skate rentals! The first shuttle will be leaving CNU at 8:45pm. The pickup and drop off station will be in front of the Freeman (facing Warwick Blvd.). There will be vans going back and forth from CNU to the Hampton Roads Iceplex all night. Once on the van, each student must sign a waiver. Students ARE allowed to drive themselves to the rink. However, each student must show their student ID at the Iceplex! We will have the Iceplex to ourselves from 10pm-12am. Don't pass up the opportunity! Spread the word.

Date: Friday, February 5

Time: 9pm-12am

Location: Hampton Roads Iceplex

Attachment**Engagement Week - Prize Cart**

The Office of Student Engagement presents the first ever Engagement Week! From Monday February 1st - Friday February 5th come out to learn about the services and resources available at CNU as well as why it is important to be engaged, how to get involved, and what to do next! PRIZE CART all day on Friday

Attachment**Application Deadline for RHA Eboard**

Apply today to join RHA Eboard! Applications are due February 5th!

Currently we are accepting applications for all positions except Director and NCC since those positions require previous experience. Please consider applying for these positions and making an impact on our CNU Residence Halls and Residence Life overall.

Contact Arlyn Garcia (arlyn.garcia.12@cnu.edu) or Melissa Lourie (melissa.lourie@cnu.edu) if you have any questions or want to learn more. Current executive board members also hold office hours in the RHA office in the Residence Life suite, so feel free to stop by if you have any questions.

https://docs.google.com/a/cnu.edu/forms/d/11P2KqP3L_sem58C2ftjUTzvwQJ5Q4xSOwwl8wWr2hCE/viewform

Don't miss out on this wonderful opportunity

Upcoming Events

Home Athletics This Weekend

- Saturday, February 6 - Track, Vince Brown Invitational
- Sunday, February 7 at 10:00am - Women's Tennis vs. North Carolina Wesleyan College
- Sunday, February 7 at 10:00am - Men's Tennis vs. North Carolina Wesleyan College

For more information, please visit cnusports.com.

Captain's Ball 2016 Tickets Are Running Out - Saturday

Join Class Council & the Office of Student Activities for Captain's Ball 2016: A Night Aboard the RMS Titanic on Saturday, February 6 at 8 PM - 12 AM

in the DSU. The event is quickly approaching, so make sure you stop by the Office of Student Activities (DSU 3rd floor) or at the Welcome Desk (DSU 1st floor) to get your tickets before they run out! Tickets can be purchased for \$20 each or \$30 for two!

Check out the event page on Facebook for more details and follow Class Council on Facebook, Instagram, and Twitter for updates!!

<https://www.facebook.com/events/1526101937700168/>

Attachment**Phi Alpha Delta Application Deadline - Saturday**

If you are interested in joining Phi Alpha Delta, The deadline to turn in applications for join Phi Alpha Delta will be Saturday, February 6th at 5pm.

If you have any questions or would like more information, please email Phi Alpha Delta at pad@cnu.edu or Colleen Yates at colleen.yates.13@cnu.edu

Delta Sigma Theta Sorority, Inc. - OperaTion Sweetheart

Attention CNU students, OperaTion Sweetheart will be underway next week from Monday-Wednesday (February 8-10). We have partnered with the Riverside Behavioral Health Center to bring awareness and educate the public of the struggles of living with physical & mental ailments. We will be collecting wrapped candy, teddy bears, and monetary donations (for 75 patients to be delivered on Valentine's Day), so please stop by our table in the DSU from 12-2 if you are able to help!

Attachment**United Campus Ministries Is Making Valentines for Retirement Community**

UCM will host a table next week, Monday, Wednesday, and Friday (2/8, 2/10, 2/12) in the DSU from 11:00 - 1:00, where you can stop and make a Valentine for the residents at Hidenwood Retirement Community. This outreach opportunity provides a way to show folks in our wider community that we care about them. Supplies will be provided at the table; you just create the Valentine that will be taken to the Retirement Community in celebration of Valentine's Day. Hope you'll decide to stop and be part of this service effort!

Questions - please contact ucm@cnu.edu OR Campus Minister, Donna, at donna.desarroyal@cnu.edu.

ASU Valentine Candy Grams

African Student Union will be selling and delivering candy grams on campus locations only! Come buy a cute candy gram for your loved ones; it'll be a special treat. We will be in the tabling on Monday (February 8th) and Wednesday (February 10th) from 12:00-2:00pm. On Monday, our table will be set up in the Tribble Plaza and on Wednesday, it will be set up in the DSU Atrium (near the Captain's Locker.) Come by and visit us! **Prices Vary**

For any questions or comments, contact Debbie Acheampong (Deborah.Acheampong.13@cnu.edu)

Attachment**Constitutional Conversations**

How well do you know the U.S. Constitution? Would you like to know it better? Join us Monday, February 8th from 6:30-8p.m. in Freeman 201 for a conversation on the U.S. Constitution. The subject: "Our Freedom of Speech, Alive and Well, or Imperiled?" This event is hosted by Phi Alpha Delta, CNU's Pre-Law Program and fraternity; the William & Mary Law School; and the Constitution Leadership Initiative.

For questions, please contact Constitutionlead@gmail.com

Attachment**S.A.V.E. Swipe Left**

Swipe Left is an interactive program consisting of speed dating while learning about healthy relationships! It will take place on Monday, February 8th at 6pm in Freeman 201. This event is brought to you by the S.A.V.E. (Sexual Assault Violence Education) Committee as part of Healthy Relationships Week. It is open to all CNU students and counts as a PLP Passport. If you have any questions, please email stephanie.abdalla@cnu.edu or dawson.metcalfe@cnu.edu

Attachment**First Free Thinkers at CNU Meeting**

Interested in talking about religion, politics, the role of the human race, society and more? Come out to the first meeting of the brand new organization, "Free Thinkers at CNU" on Monday the 8th at 6:30pm! The crux of freethinking is the notion that nothing is so sacred that it shouldn't be questioned or discussed. We plan to educate, discuss and debate all kinds of philosophical, theological, and political topics. Our first meeting will include an introduction to freethinking, and a discussion on "Why Should We Question?" Location TBD by Monday. Contact rachel.wagner.15@cnu.edu with any questions.

Pancake Supper for Shrove Tuesday

Episcopal Campus Ministries invites all CNU students to a Shrove Tuesday pancake supper at St. Stephen's Episcopal Church on Tuesday, February 9 from 6:30-8pm. Students eat free. St. Stephen's is at 372 Hiden Blvd, just down the street from Rappahannock. Shrove Tuesday is the last day before Ash Wednesday, marking the beginning of the season of Lent. Traditionally people eat pancakes to use up rich foods before the fasting of the 40 days of Lent. All are welcome.

Attachment

Doughnuts with Dems - CNU Young Democrats Interest Meeting

Come out and enjoy some fresh Krispy Kream doughnuts at our interest meeting Tuesday February 9th at 7pm in the DSU Jefferson room. We are going to talk about some upcoming events we are having, including a watch party for the debate on February 11th at 8:15pm in the Luter Atrium. It is a good chance to have some good conversations with people that share the same ideas and mindsets. Also we will be talking about you can get involved in the presidential primary process and the general election. If you have any questions about the club or is interested and can't make Tuesday email me at hunter.hinnant.13@cnu.edu

Attachment

Delta Sigma Theta Sorority, Inc. & Young Democrats - Delta Debate Watch

In today's society it is important to stay politically aware and involved. With the upcoming Presidential election, we are anticipating the opportunity to exercise our right to vote. Join the Omicron Tau Chapter of Delta Sigma Theta Sorority, Inc. and Young Democrats at our very own Delta Debate Watch on Thursday, February 11th.

Let's watch the Primary Democratic Debate together, share our opinions, and become more engaged in the political process! We will meet Thursday, February 11th in the Luter Atrium (321) at 8:13pm.

Attachment

Volunteers Needed for UCM Potato Drop

United Campus Ministries (UCM) is looking for volunteers for our third annual Potato Drop, a massive service event that will provide 135,000 servings of potatoes to Newport News' hungry. On Friday, February 12th from 12PM to 5PM, we will need volunteers to help tie 4500 mesh bags, which will later be used to house the potatoes. We are also looking for 100-150 volunteers for the actual potato drop, which will occur on Saturday, February 20th! If you would like to be added to the volunteer list or need any additional information please sent us an email at ucm@cnu.edu!

Sing Your Heart Out A Capella Invitational

SING YOUR HEART OUT is an a capella invitational hosted by University Sounds! We have invited 7 groups from CNU and other schools in Virginia to compete for a grand prize! This is our biggest event of the year. We will have a raffle where you can win prizes as well! There is a \$5 dollar entry fee at the door. If you love music this is the place to be, hope to see everyone there!

Attachment

French Club Mardi Gras Mixer

Help French Club celebrate their first annual Mardi Gras Mixer! There will be masks, beads, snacks, music, and dancing. It'll be a night you don't wanna miss! Bring your friends! Also, please visit our Facebook page (facebook.com/cnufrenchclub) to RSVP to the event. See you there!

"Miss Black & Gold" Scholarship Pageant

Alpha Phi Alpha Fraternity, Inc. develops leaders, promotes brotherhood and academic excellence while providing service and advocacy for our communities. On behalf of the Upsilon Beta Chapter, we would like to invite your organization to attend our 1st Annual "Miss Black & Gold" Scholarship Pageant on March 17th at 7:30PM in the DSU Ballroom.

We are currently in the process of accepting applicants, in which our Miss Black & Gold could receive a \$250 scholarship. Applications are open to any female student at Christopher Newport University that maintains a minimum 2.5 grade point average. Applications are due by February 7th to CJ Stanford (calvin.stanford.11@cnu.edu).

Attachment

Relay for Life

Relay for Life is March 18th, 2016 in the Freeman Center Field House. Sign up today at www.relayforlife.org/cnuva. It costs \$10 to register online and \$12 at the door the night of Relay. You won't want to miss it!!

Campus Programs and Announcements

PLP Coffeehouse - Adventures in Asia

Come out to the Crow's Nest on Tuesday, February 9th at 7pm to hear Rachel Willinger share about her experiences studying abroad in Taiwan. All are welcome! Cookies and coffee provided.

Attachment

Mock Interview Day

Practice your interview skills with a recruiter from industries, including accounting, government, finance, staffing, PR/consulting, government, international, sales, event planning, and IT. See reverse for interviewer details.

Actual Interviews to take place: Thursday, February 11 9:00 AM-3:40 PM, CNH 305
SIGN UP BY MONDAY FEBRUARY 8TH!

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Christopher Newport University
[757-594-7260](tel:757-594-7260)
osa@cnu.edu

www.cnu.edu/studentactivities/

Follow us on Twitter [@CNUOSA](https://twitter.com/CNUOSA) or like the [CNU Office of Student Activities](#) on Facebook!

15 attachments



Captain's Ball
120K



Operation Sweetheart
43K



Ice Skating with CAB
66K



Engagement Week

620K



Sing Your Heart Out

1672K



PLP Coffeehouse: Rachel Willinger

104K



Delta Debate Watch

96K



S.A.V.E Swipe Left

349K



Donuts with Dems

464K



Black on Black Rhyme

123K

AFRICAN STUDENT UNION CANDY GRAM
SALES



ASU Valentine Candy Grams

14K



Miss Black and Gold

7K



Constitutional Conversations

137K



100 Days Til the Tassel Turns

532K



Shrove Tuesday

346K