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Campus Announcements - September 14

1 message

Office of Student Activities <osa@cnu.edu>

Wed, Sep 14, 2016 at 9:54 AM

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

Bcc: students@cnu.edu

Campus Announcements: Daily Digest

Wednesday, September 14[CAMPUS ACTIVITIES EVENT CALENDAR](#)**TODAY**

- **Alpha Kappa Alpha Sorority, Inc. Nu Epsilon Chapter Presents: "Major Bag Alert!": 12:00pm-2:00pm**
- **L.A.D.I.E.S. Water Wars Sign Up: 12:00pm-2:00pm**
- **Delta Gamma's Anchor Slam: 7:00pm-10:00pm**
- **Anxiety 101 Presentation: 5:30pm**
- **CAB and Student Assembly present... Rick Shenkman: 8:00pm**
- **NAMI (National Alliance of Mental Illness) Meeting: 9:00pm**

Upcoming Events

- **CAB presents... Fall Fest**
- **Her Campus CNU Weekly Meeting**
- **Hypnotic Control's Fundraiser at Pelican's Snowballs**
- **Fellowship of Christian Athletes Volleyball Tournament**
- **Alpha Phi's Annual Red Dress Gala**
- **Community of Good with DG- Free Sight and Hearing tests**
- **Playing For Change Benefit Concert**
- **Laugh Out presents: New Names, Same Games**

Campus Programs and Announcements

- **Spring Break Trip to Israel**
- **Class on the Appalachian Trail**
- **Study Abroad Spain**
- **Non-Traditional Study Abroad Locations Interest Meeting**
- **Paint the JR Benches**
- **The L.E.A.D. Challenge**
- **Peak Performance Workshop Announcement**
- **Lucky Chops at the Ferguson Center This Sunday**

Today

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

Attachment

L.A.D.I.E.S. Water Wars Sign Up: 12:00pm-2:00pm

Interested in playing a fun twist of dodgeball mixed with a water fight? Stop by our table in the DSU Breezeway from 12-2 until Friday, September 16th to sign up. \$3 per solo players or \$5 per team of (minimum of 3, maximum of 5). If you have any questions contact Joelle Reed (joelle.reed.14@cnu.edu)

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Delta Gamma's Anchor Slam: 7:00pm-10:00pm

The Eta Tau Chapter of Delta Gamma is excited to present our first ever Anchor Slam on September 14th from 7pm-10pm in the Freeman Fieldhouse!

Anchor Slam is a three-v-three basketball tournament that will help raise money for our philanthropy, Service for Sight, which benefits the blind and visually impaired. This tournament consists of 15 minute games and brackets will be split between men's and women's. We will have awesome prizes and raffles, snacks, music, and fun events during half time! Sign a team up or just come to watch your favorite team dominate the courts. Tickets will be sold for \$3 during tabling the week of the event and at the doors!

Almost 285 million people are estimated to be visually impaired and roughly 90% of the 285 million, live in low-income settings. Our vision is to make a positive impact the lives of those in society who are blind or visually impaired. Please consider donating to help our beloved philanthropy through the link shown below. We deeply appreciate any and all donations!

https://www.memberplanet.com/campaign/deltagammafoundation/eta_tau_anchor_slam_2016/

Hope to see you all there to dunk it with Delta Gamma

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Anxiety 101 Presentation: 5:30pm

The Anxiety 101 Workshop is a 60 minute crash course exploring your unique anxiety and coping.

Join us on September 14 at 5:30 p.m. in Forbes 2088

CAB and Student Assembly present... Rick Shenkman: 8:00pm

Rick Shenkman is a best-selling author of seven history books and makes regular appearance on CNN, Fox News, and MSNBC.

He will be talking about 7 habits of highly effective voters that will help you in deciding for yourself who to vote for in this upcoming election!

Date: Wednesday, September 14th

Time: 8 p.m.

Location: Gaines

NAMI (National Alliance of Mental Illness) Meeting: 9:00pm

NAMI (National Alliance on Mental Illness) will be meeting Wednesday at 9 PM in Luter 170!

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Upcoming Events

CAB presents... Fall Fest

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

Her Campus CNU Weekly Meeting

Her Campus CNU will be holding our second meeting on Thursday, Sept. 15th at 8pm in McM 112 (where we were for our interest meeting). We hope to see you there! Any questions can be sent to royallbryan@hercampus.com

Thursday Night Trivia with free ice cream floats

Join the OSA for Thursday Night Trivia this week! Test your knowledge on Thursday, September 15th in the DSU Crow's Nest at 8 PM. The winning team (of up to 6 players) will go home with Captain's Cash and everyone in attendance will be entered into a raffle! Come out this week to also enjoy free ice cream floats!

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Hypnotic Control's Fundraiser at Pelican's Snoballs

Hypnotic Control is holding a fundraiser on Thursday, September 15, 2016 from 5:00 pm - 8:00 pm at Pelican's Snoballs. Hypnotic Control will receive 20% of the profits received in the three hour time gap so we need everyone's help! If you have any questions, please contact our Fundraising Head, Emily Carrancho at emily.carrancho.15@cnu.edu.

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Fellowship of Christian Athletes Volleyball Tournament

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!

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 samantha.hotchkiss.14@cnu.edu or on Monday night at FCA.

Alpha Phi's Annual Red Dress Gala

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!

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Community of Good with DG- Free Sight and Hearing tests

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!

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. 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!

Campus Programs and Announcements

Spring Break Trip to Israel

Spring Break Trip to Israel

We will have an information meeting on Thursday September 15, from 12:30-1:15 in the McMurran 260: for questions contact Dr. Redick, kredick@cnu.edu

Class on the Appalachian Trail

Summer Class on the Appalachian Trail

We will have an information meeting on Thursday September 15, from 12:30-1:15 in the McMurran 260: for questions

contact Dr. Redick, kredick@cnu.edu

Study Abroad Spain

Study Abroad to Spain, Hiking the Camino de Santiago

We will have an information meeting on Thursday September 15, from 12:30-1:15 in the McMurran 260: for questions contact Dr. Redick, kredick@cnu.edu

Non-Traditional Study Abroad Locations Interest Meeting

Come to our interest meeting Thursday, September 15th in MCM 164 at 12:30PM! Hope to see you there!

Paint the JR Benches

Hey everyone! Your 2016-2017 University Fellows wanted to give you and your organization the opportunity to Paint the Benches on the JR Courts! Here's how it works:

1. Fill out this form (<https://goo.gl/forms/OwyWmSw7xWZgKlrA2>) to place your name in Captain Chris' hat to see if you'll get picked. You'll need to fill out the form by the 4th Monday of the month prior to the month you wish to be featured (e.g.: If you want to be featured in October, you'll need to complete the form by the fourth Monday in September.)
2. We (the University Fellows) will notify the selected groups on the 4th Monday of the month, and then you get to paint the benches!
3. The process repeats the next month, so stay tuned!

Look out for more awesome initiatives being brought to you by the University Fellows this year!

The L.E.A.D. Challenge

This year the OSA and Student Engagement have developed a new leadership development program called L.E.A.D. Challenge. This is a great opportunity for younger members of organizations to begin leadership development. 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

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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

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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.

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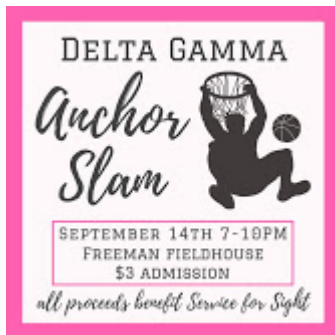
9 attachments



Red Dress Gala.jpg
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Hypnotic Control Fundraiser.jpg
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DG Anchor Slam .jpg
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Peak Performance Workshops .pdf

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Overview AND Calendar L.E.A.D..pdf

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Thursday Night Trivia.pdf

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