



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

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## Campus Announcements - September 12

1 message

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

Mon, Sep 12, 2016 at 9:49 AM

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

Bcc: students@cnu.edu

# Campus Announcements: Daily Digest

**Monday, September 12**

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

#### **TODAY**

- **Alpha Kappa Alpha Sorority, Inc. Nu Epsilon Chapter Presents: "Major Bag Alert!": 12:00pm-2:00pm**
- **Alpha Phi Omega and Delta Gamma Blood Drive: 11:00am-4:30pm**
- **Colleges Against Cancer Interest Meeting: 7:15-7:45**
- **Fellowship of Christian Athletes: 7:57pm**

#### **Upcoming Events**

- **Home Athletics This Week**
- **CAB presents... Rick Shenkman**
- **NAMI ( National Alliance of Mental Illness) Meeting**
- **Fellowship of Christian Athletes Volleyball Tournament**
- **Delta Gamma's Anchor Slam**
- **"A Look at Corneal Donation"**
- **Community of Good with DG- Free Sight and Hearing tests**
- **Alpha Chi Sigma: Professional Honors Chemistry Fraternity Recruitment**

#### **Campus Programs and Announcements**

- **Spring Break Trip to Israel**
- **Class on the Appalachian Trail**
- **Study Abroad Spain**
- **Orientation & Training to Volunteer in Newport News Public Schools**
- **Win \$1,000 by competing for the Borgenicht Fellowship Prize**
- **Connecting on Campus: Maintaining and Deepening Relationships**
- **Anxiety 101 Presentation**
- **FREE Women's Self-Defense Classes**
- **Slice of Business Life: Smithfield Foods**

# 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. 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](mailto:Janai.norman.13@cnu.edu)

### Attachment

## Alpha Phi Omega and Delta Gamma Blood Drive: 11:00am-4:30pm

Alpha Phi Omega and Delta Gamma will be hosting a blood drive with Virginia Blood Services September 12th from 11am - 4:30 pm. 1 pint of blood will help 3 people, so if you are able to donate please come out and support our blood drive. Walk-ins are welcome!! Make sure to bring identification to your appointment.

## Colleges Against Cancer Interest Meeting: 7:15-7:45

Interested in joining Colleges Against Cancer? Come out to our interest meeting tonight from 7:15 pm to 7:45 pm in McMurran 262. Hope to see you there!!

## Fellowship of Christian Athletes: 7:57pm

Come to large group every Monday at 7:57 pm in Freeman 201 to enjoy worship, a message, and fellowship!!

# Upcoming Events

## Home Athletics This Week

- Wednesday, September 14 at 5:00pm - Men's Soccer vs. Methodist University
- Wednesday, September 14 at 6:00pm - Field Hockey vs. Randolph-Macon College
- Wednesday, September 14 at 7:00pm - Women's Soccer vs. Virginia Wesleyan College
- Friday, September 16 at 4:00pm - Volleyball vs. Averett University
- Friday, September 16 at 8:00pm - Volleyball vs. University Scranton

For more information please visit [cnusports.com](http://cnusports.com).

## CAB presents... Rick Shenkman

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

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

### Attachment

## **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](mailto:samantha.hotchkiss.14@cnu.edu) or on Monday night at FCA.

## **Delta Gamma's Anchor Slam**

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/](https://www.memberplanet.com/campaign/deltagammafoundation/eta_tau_anchor_slam_2016/)

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

### ***Attachment***

## **"A Look at Corneal Donation"**

\*\*\*\*Approved PLP Passport and Honors event\*\*\*\*

Join Delta Gamma as we welcome Tucker Casanova, the Hospital and Community Education Coordinator of the Lions Medical Eye Bank, as he gives a speech about "A Look at Corneal Donation: The Process and Impact of Tissue Donation in a Modern World"

In his speech he will speak about eye health, ways to get involved with the eye bank and how becoming an eye donor can positively impact someone else's life!

Located in the Gaines theatre from 7:30pm-9pm on September 13th

### ***Attachment***

## **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!

## **Alpha Chi Sigma: Professional Honors Chemistry Fraternity Recruitment**

The brothers of Alpha Chi Sigma want you to come to our fall recruitment events beginning Sunday the 18th of September!

Our organization conducts quarterly environmental clean up of the Lion's Gate Bridge, offers free tutoring in Biology and Chemistry. Aside from the resumé booster, we have fun events like date function, field days, or chemistry olympics for our brothers to bond and enjoy!

Our Recruitment schedule:

9/18 Interest Meeting 1-2:30pm in FORBES 2070D

9/19 Ice Cream Social 8-9:30 pm in FORBES 2070E

9/20 Luncheon with the Brothers 12-1:30pm at JR COURTS (Rain check: DSU Washington 5-7pm)

9/21 Game Night 1-2:30pm in FORBES 2070D

**Attachment**

# 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](mailto: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](mailto: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](mailto:kredick@cnu.edu)

## Orientation & Training to Volunteer in Newport News Public Schools

A required Orientation & Training for anyone interested in volunteering in the Newport News School System (NNPS) will be held on Tuesday, September 13 from 12:30 to 1:15 in the Center for Community Engagement OR on Thursday, September 15 from 12:30 to 1:15 in MCM 101.

Once this training is completed, you will have a volunteer position in a NN public school by the end of September.

For additional information, please contact the Center for Community Engagement at 594-7492 or via email at [vanessa.buehlman@cnu.edu](mailto:vanessa.buehlman@cnu.edu).

## Win \$1,000 by competing for the Borgenicht Fellowship Prize

The Reiff Center is pleased to announce our second annual \$1,000 Borgenicht Fellowship Prize for the best scholarly or creative student project proposal(s) related to the Israeli-Palestinian conflict and peace process. The fellowship is named for the late Louis Borgenicht, author of *The Happiest Man*, which prophesied the need for rapprochement and peace between Arabs and Jews. Awardees must send a progress report to the Center's director after a period of time determined by the awardee and director. A final product (publication, exhibition, etc.) is expected.

Finished projects must be completed by December 2, 2016.

Please use the link to submit your project: <http://cnu.edu/reiffcenter/forstudents/>. Contact Dr. Tatiana Rizova with questions.

**Attachment**

## Connecting on Campus: Maintaining and Deepening Relationships

Do you struggle to form new relationships or manage existing ones? Want to learn how to connect with others? Then join the Office of Counseling Services on Tuesday, September 13th from 3:30 to 4:30 pm in the DSU Harrison Room and learn more about developing and strengthening relationships. The Connecting on Campus workshop series covers various topics related to relationship building and interpersonal skills, and will be held every Tuesday in September from 3:30 to 4:30 pm. Look for more information on future events to follow.

**Attachment**

## Anxiety 101 Presentation

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

## FREE Women's Self-Defense Classes

We are excited to invite you to participate in the upcoming C.N.U R.A.D (Rape Aggression Defense) Program. Students have described this class as not only fun, exciting and intense but furthermore empowering to themselves as a woman. Taking your personal safety to another level, will allow you to feel more confident, become more aware of your surroundings and be able to recognize a need for a heightened sense of awareness and avoidance in specific situations. (ie: at work, at home, in public, or on vacation). The course includes lecture, discussion and self-defense techniques suitable for women of all ages and abilities.

Statistics show that 1 in 4 women will be attacked and/or sexually assaulted in their lifetime. The R.A.D Basic Women's Self-Defense Course was designed for a woman to use her natural desire to not be attacked combined with proven self-defense techniques to help a woman defend herself. Furthermore providing the techniques to escape from an aggressor. These techniques while using a woman's natural body composition are easy to learn and retain.

Class One:

September 20, 22, 27, 29th, 2016 [Tuesday/Thursday] From 7pm-10pm

Class Two:

October 17, 19, 24, 26th, 2016 [Monday/Wednesday] From 7pm-10pm

The current two courses in September and October will be a 12 hour course that will cover a brief PowerPoint with important and specific information regarding personal safety and awareness, developing a plan, and the importance of practicing techniques should you ever be attacked. Following the PowerPoint presentation will be hands on learning to provide and execute the proper techniques of the program. This will include repetitive drills and step by step instruction to ensure that all participants are learning the proper techniques. On the last day of the program, participants may take part in a simulation exercise that offers them the ability to place the techniques and skills learned into a simulated scenario. Previous participants have encouraged all participants to complete the simulations portion, as it really shows you how much you can truly learn within a 12 hour program.

Did we mention this course is absolutely free? Absolutely no cost to you as a fellow CNU Student!

If you would like to sign up or have any further questions please contact us at [RAD@cnu.edu](mailto:RAD@cnu.edu) or 757-594-7053 ext 228.

## Slice of Business Life: Smithfield Foods

Come hear about the life of a Smithfield employee!  
Tuesday, September 13, 12:15-1:30 in Luter 121  
Pizza will be provided.

### Attachment

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Office of Student Activities  
DSU 330  
Christopher Newport University  
757-594-7260  
[osa@cnu.edu](mailto:osa@cnu.edu)

[www.cnu.edu/studentactivities/](http://www.cnu.edu/studentactivities/)

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8 attachments

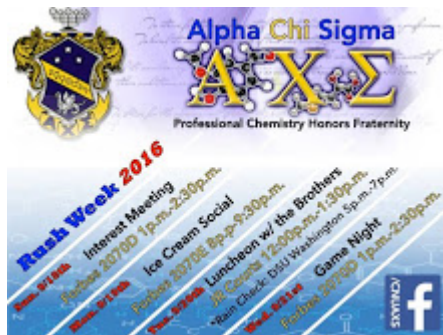
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