

The Norse Parent

NKU Parents Association Newsletter

2015-2016 PARENTS OF THE YEAR HONORED AT FAMILY WEEKEND

Over one hundred families visited campus October 2-4th to celebrate Family Weekend, but two parent walked away as the 2015 Parent of the Year. Rich and Toni West, parents of Allison West, received this honor. In an essay about her parents, Allison wrote, I have had an interesting relationship with my parents, to say the least. No matter what I threw their way, whether that be a change in sexual orientation, sibling rivalry, or even struggles with anxiety and depression, they were always by my side. Not only have they helped me through hard times, such as the loss of a best friend, but have also celebrated the good times with me, such as being declared Salutatorian of my high school graduating class. They are the only people I can say that have been by my side through it all.

I realized how good of parents I had when I first went to them about wanting to go to therapy for sexual abuse that I faced as a young child. They were super supportive through such a rough time, which is sadly uncommon amongst today's society

My parents are not only there for me emotionally. When I was a small child they never missed a single practice or game in the four years that I played basketball and the eight years that I played baseball – they even become assistant coaches for my team! Near the end of elementary school I was afraid to tell my parents that I no longer wanted to play sports, and instead wanted to start playing trumpet. My fear was short lived – they instantly supported me, just like they have always done!

Shortly after I quit playing sports, my dad was diagnosed with Parkinson's disease. Watching my dad deal with the effects of a neurological disease, I learned that although life isn't always sunshine and rainbows, it is what you make of it. My dad always told me that "what doesn't kill you makes you stronger". I forever owe him for the lessons he taught me on strength, resilience, and how to turn the negatives in life into positives.

They are the reason I have gone so far in life and I am forever thankful for them sticking by my side through all of life's struggles, and guiding me into becoming the woman I am today.

Congratulations, Rich and Toni!



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Important Dates:

Sporting Events

Soccer, Golf, Volleyball, Cross Country, Basketball—[Click here to see the full NKU Athletics schedule](#)

October 22

Deadline to file for spring commencement

October 26

Last day to drop a course with a grade of "W"

November 8-14

Veterans Week

November 16-20

International Education Week

November 25-27

University closed—Thanksgiving Holiday

October 2015
Volume 7, No. 3

NOTES FROM THE NURSE

By Betsy Hausfeld MSN, RN
STOCK A HEALTHY PANTRY

With the upcoming cold and flu season, it's a good idea to have some helpful food items easily accessible in the dorm room; when your son or daughter does not feel up to heading to the cafeteria. Many of these items are useful year round as convenient snacks and quick meals.

The proverbial chicken soup is ALWAYS a good idea. It provides much needed fluids when a person is ill, as well as new evidence of the anti-inflammatory benefits chicken soup offers to upper respiratory infections. Along with the chicken soup, keep clear fluids on hand for hydration (i.e. sports drinks, lemon-lime soda, ginger-ale, tea and of course good old fashion water). Avoid caffeinated energy drinks, they contain lots of sugar and large amounts of caffeine that can have dangerous effects on the body. If your child needs a late night energy boost for studying or other activities, suggest a high-protein high-fiber snack such as almonds or peanut butter and an apple.

The mini-fridge in most residence hall rooms has limited space, but attempt to include fresh fruits and veggies that are quick and easy to grab. Along with hummus and yogurt, these ingredients will provide healthy, tasty low fat and delicious anytime snacks. Freezer space can offer even more challenges, but a frozen bag of berries adds lots of flavor and nutrients to the morning smoothie.

Dry goods for the pantry could include: canned fruits and vegetables, whole grain cereals, rice cakes, brown rice, dried fruits and nuts, along with whole grain breads and pastas. Foods that are easy to prepare and can be grabbed for an "on the go" snack.

College students have many pressures on their time and resources, assisting them with healthy and convenient choices can uncomplicated one important aspect of their lives. Being prepared with healthy choices, will help students feel better, cope with stress, and improve their schoolwork.

I would be remiss if I did not remind everyone to get a flu vaccine **now**, before the flu season begins. Flu shots are available at the Health, Counseling and Student Wellness Office on campus. (UC 440, 859-572-5650).

COLLEGE GROCERY LIST

- | | |
|------------------------|---------------------|
| ALL NATURAL POPCORN | WHOLE GRAIN CEREALS |
| ORGANIC LOW FAT YOGURT | HUMMUS |
| GRANOLA | SALT-LESS PRETZELS |
| NATURAL PEANUT BUTTER | 100% FRUIT JUICE |
| PITA BREAD | RICE CAKES |
| RICE CAKES | FRESH/DRIED FRUIT |
| BROWN RICE | WATER PACKED TUNA |
| POTATOES | EGGS |
| SUGAR FREE JELLO | NUTS |
| LOW FAT STRING CHEESE | TRAIL MIX |
| COTTAGE CHEESE | EDAMAME |
| | SKIM MILK |
| | BAKED CHIPS |

Congratulations

to the
2015-2016
Parent of the Year
Nominees

Laurie Bliven

Greg and Mary Jo Donnelly

Dr. Michael Prokopius

Gary and Stephanie Reese

Rich and Toni West

John and Jill Wright

Mark Your Calendars!

Parent Advisory Board Meeting

Friday, November 6th
6pm-8pm
VSU 104



2015-2016 PARENT ADVISORY BOARD OFFICERS SELECTED

This year's Parent Advisory Board has seen record growth, with 55 members serving on the board. If you have a question or concern for the Parent Advisory Board, please reach out to one of the officers listed below!

President—[Jeff Rice](#)

Vice President—[Paige Brooks-Jeffiers](#)

Secretary—[Jane Yerace](#)

Multicultural Representatives—[Serena Owens](#)

Congratulations, officers!

Veterans Resource Station

Located in the Student Success Center (UC 131), the station's mission is to create a community of university personnel, students and community agencies that provide, facilitate or coordinate programs and services that increase the likelihood of veterans, student service members and

their family members completing their educational goals. The station offers a variety of programs and services for veterans. The station can help with benefits, career searches, and so much more.

During the week of November 8-14, the Veterans Resource Station will host a variety of activities in celebration of our veterans.

Featured Resource

Contact Us:

Office of New Student Orientation and Parent Programs

Student Union 316,
Nunn Drive
Highland Heights, KY 41099
Telephone: (859) 572-7625
Fax: (859) 572-1960

parents@nku.edu
parents.nku.edu



[Connect with us
on Facebook!](#)

Does your Thanksgiving Table Have Room for an International Student or Two?

Have you ever thought while cleaning your table after Thanksgiving, "We have enough leftovers for several more meals"? This year, International Student & Scholar Services (ISSS) invites you to squeeze an extra chair (or two) around your Thanksgiving table for an international student. Thanksgiving is such a uniquely American holiday that ISSS would like to partner with you to give current international students an opportunity to experience it firsthand. Whether your family and friends celebrate Thanksgiving on Thursday, the day after, the weekend before, or whenever, ISSS would love for you to make room for one or two more. You will expose our great students to an important aspect of American culture, while allowing you to learn about how other cultures give thanks and show appreciation in their own way. There is no need to have a Martha Stewart-worthy turkey or all the trimmings – ISSS wants students to see the diverse experience of how Americans celebrate and give thanks for the blessings in their lives. So whether you are cooking a tofurkey (tofu turkey), picking up a premade meal from Kroger, coordinating a potluck, or serving a meal that may be featured on the Food Network, please volunteer to host an international student or two. NKU has a wealth of students who are interested in participating. Please take a few moments to fill out the [online form](#) to be a Thanksgiving holiday host. ISSS will follow up to confirm the guest(s) who will be joining you for Thanksgiving. The application deadline is Friday, Nov. 6th.

Need to unsubscribe?
Email parents@nku.edu