

NKU NIGHT AT THE CINCINNATI REDS

BY NKU NEWS

Northern Kentucky University, this is your night at the ballpark! The Cincinnati Reds and NKU have teamed up to give Northern Kentucky students, staff, and faculty a chance to enjoy the excitement of Reds baseball at a special discount. Join your Reds and fellow Norse at Great American Ball Park in Cincinnati as they take on the Pittsburgh Pirates April 15, 2011, at 7:10 p.m.

All NKU students, alumni, faculty and staff can purchase most non-premium seating locations for **HALF PRICE!** Join your student for this low-cost outing with the Cincinnati Reds!



Photo by Tim Sofranko, NKU Senior Photographer

NKU President James Votruba will throw out a ceremonial first pitch and the men's soccer team will be honored on the field for winning the NCAA Division II Championship. NKU mascot Victor E. Viking will join them on the field for pre-game activities and to entertain fans. The NKU Alumni Association will have a table in the Fan Zone, where all NKU alumni can pick up an exclusive "NKU Night" gift.

To purchase discounted tickets, visit <http://www.reds.com/NKU>. Students can pick up a hard copy order form in Human Resources at Lucas Administrative Center 708. Tickets must be purchased prior to April 14, 2011, to receive this discount. Discount tickets will not be available at the box office on the day of the game.

For questions about NKU night, group seating, and scoreboard messages, contact Bart Conway at bconway@reds.com.

IMPORTANT DATES & EVENTS

All Month

Cheer on the Norse men in baseball and tennis and the Norse women in softball and tennis!

For Norse Athletic Schedules visit www.nkunorse.com

April 7

Latino Student Recognition Dinner
Student Union Ballroom

April 7 - 17

7:00 - 8:30 p.m.
15th Annual Biennial Year End Series (YES) Festival
NKU Corbett Theatre
Learn more [here!](#)

April 14

6:00 pm
Six@Six Lecture: The Marriage of Music and World: Rodgers and Hammerstein's Fearless Carousel
Learn more at www.sixatsix.nku.edu

April 28

8:00 pm
Feast for Finals
Norse Commons, Residential Village

April 29

Last day of classes

April 29 & 30

Dance Concert 2011
NKU Corbett Theatre

May 2 - 6

Final exams

WELLNESS ON CAMPUS

BY MAGGIE GOUGH & RACHEL BISHOP, NKU WELLNESS CENTER

The wellness office on campus is dedicated to building a culture on campus that is not only conducive for promoting and encouraging healthy lifestyle behaviors, but also one that fosters employee and student engagement. We do this by initiating programs on campus that ensure healthy food options, free resources such as offering Wellness 101 courses to the University 101 classes, smoking cessation/reduction resources, and more as well as continuous media education via video clips for exercise, diet, and mental health. Check out the following programs and resources your student has available to them!

Connect with the Wellness Office

[Facebook.com/NKUWellness](https://www.facebook.com/NKUWellness)

[Twitter.com/nkuwellness](https://twitter.com/nkuwellness)

wellness.nku.edu

[youtube.com/NKUWELLNESS](https://www.youtube.com/NKUWELLNESS)

Virtual: Plugged-in to Wellness

Wellness is more than being aware of the importance of health. Wellness is a lifestyle— finding motivation to integrate wellness into your daily life, encouraging yourself to maintain a healthy outlook, and forming life-long healthy habits. The NKU Wellness Office supports student wellness by providing students with access to comprehensive, exciting, and educational resources on campus.

Students can visit the wellness website or connect through social networking mediums like Facebook and twitter.

NKU Healthy Food Policy

Healthy U is a system of healthy food criteria designed by Wellness dietitians in order to offer students affordable dining options that are clearly defined as healthy. Healthy U options are more balanced and nutritious than other dining options because they contain less fat and more fiber. Choosing Healthy U is an easy step that students can take toward a healthier lifestyle. Encourage your student to Look for Healthy U meals, selections, and tips throughout all of NKU's dining facilities!



Healthy U selections contain less than 30% calories from total fat, less than 10% calories from saturated fat, and at least two grams of fiber.

Healthy U meals, denoted by the Healthy U icon with a red check mark, also contain less than 30% calories from total fat and less than 10% calories from saturated fat, but contain at least five grams of fiber.

52 Mondays? 52 Chances!

Healthy Monday is a concept designed to present people with opportunities to start and sustain healthy behaviors, intentions, actions and initiatives. 52 opportunities to be exact! Consider this: chronic illnesses such as heart disease, stroke, diabetes and cancer cause 70% of all deaths in the US. But they are all preventable!

So what are we waiting for? NKU Wellness offers a Healthy Monday initiative for everyone. Check it out! www.Wellness.NKU.edu and HealthyMonday.org

Healthy Monday Matters & Monday Moments

Every Monday a new video is posted on the front page of our website. A new video is also posted every Monday on the student wellness page on [facebook.com/NKUwellness](https://www.facebook.com/NKUwellness). Both of these videos are student video productions.



Quit Monday

There are 52 Mondays a year to start a smoke-free lifestyle. Encourage your student to join the smoking cessation group today and/or stop by to receive FREE smoking cessation/reduction products!

Meatless Monday Matters

Choosing to go meatless for one day a week lowers the risk of heart related illness by 15%! A meatless option is available at every dining location on campus every Monday! Visit MeatlessMonday.com for more information!

SAVE TIME, SAVE MONEY, TAKE CLEP

BY EMILY PING, TESTING & TECHNOLOGY COORDINATOR FOR TESTING & DISABILITY SERVICES

Greetings from Testing Services! Below you will find some information regarding CLEP (College Level Examination Program) and how it can benefit many high school seniors or those students already in college.

CLEP allows students to receive college credit by taking and passing a 90 minute examination. If you know a student who is interested in earning college credit for any of the subjects in which they excel please pass this information along to them. We currently offer CLEP testing year round.

There are many benefits to taking CLEP examinations.

- Taking a CLEP exam costs \$77.00 per test which is **less than half** the cost of taking an equivalent course to earn the same amount of college credit!

For example: An NKU student takes one CLEP exam (e.g. Spanish Language) and earns six semester hours of credit.

A CLEP exam costs \$102 (\$77 exam + \$25 registration fee) while six semester hours at NKU costs \$1,782 (\$297 per credit hour). That is a total savings of \$ 1,680! With additional possible savings of \$130 since students do not need to purchase a text book.

- Students are able to shorten the time it takes to earn a degree.
- Students can skip general education or introductory courses and move on to classes that pertain to their major or interest.
- If your student did not pass an AP exam in high school, he or she is able to take a CLEP exam for the same amount of credit.

If you or any students you know have any questions regarding CLEP, credit by examination, or for a list of exams we offer please contact me at pingel@nku.edu or visit our website at <http://testing.nku.edu>

SUPPORT NKU'S FEMALE STUDENT ATHLETES THROUGH ANNUAL EVENT

BY CHRIS HAFLING, ASSISTANT ATHLETIC DIRECTOR - MARKETING & EVENT MANAGEMENT

NKU Athletics will host the 21st Annual Walk for NKU Women's Athletics on Saturday, April 16th. This year's presenting sponsor is Trauth Dairy.

A flower and plant sale and a silent auction with valuable items available for bid will also be a part of the event. All proceeds will be used to fund and support scholarships for NKU's female student-athletes. Jumping Jack's Awesome Inflatables will be at the event for family fun. Bring your kids for some fun too! Brunch will be served after the walk and door prizes will also be awarded.

Check-in begins at 8:30 AM and the Walk begins at 9:30 AM. Sign up to be a captain of your own team or sign up to join another team! If you choose to be a Women's Walk Captain, you can retrieve the Team Information sheet by [clicking here](#).

For more information or to register, please email LuAnne Craig at craigl@nku.edu.

TIP OF THE MONTH

Students interested in summer employment, co-ops, and summer internships should contact the Career Development Center for assistance.

The Career Development Center can assist students in locating opportunities, provide resume critiques and schedule mock interviews!

To learn more about NKU's Career Development Center, visit <http://cdc.nku.edu>

Contact Us:

Office of New Student Orientation and Parent Programs

Student Union 317, Nunn Drive
Highland Heights, KY 41099

Telephone: (859) 572-7625
Fax: (859) 572-1960

parents@nku.edu
<http://parents.nku.edu>