

### 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

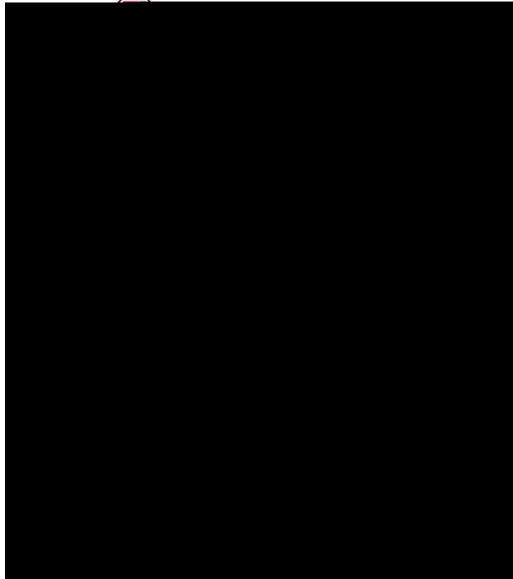
Last day to drop a course  
with a grade of "W"

### November 8-

## NOTES FROM THE NUDGE

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 “ ” snack.

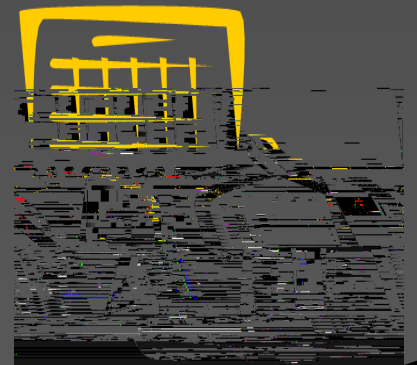
College students have many pressures on their time and resources, assisting them with healthy and convenient choices can uncomplicated one important aspect of their lives. Being prepared with healthy choices, will help students feel better, cope with stress, and improve their schoolwork.

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

### Mark Your Calendars!

Parent Advisory Board Meeting

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



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