



NAU Parents' Association

EMAIL BACKPACK

Parents' Association News

Wednesday, March 10, 2004

Spring Break is HERE!

This next week is what every student has been looking forward to: **SPRING BREAK!** Whether your student is coming home for a couple of days or heading off to Mexico or some other exotic locale, they should be able to enjoy **NINE STRAIGHT DAYS WITHOUT SCHOOL!** Of course, when it comes to an end, everyone of us will resume our hectic schedules as the semester begins its stretch run to the end of the season. So encourage your student to keep up with their increasing homework and exams. Registration for next semester is just around the corner for some students, and only a couple of weeks after that for everyone else. And because your student's biggest Spring Break problem should be a sun burn, here's to a fun and **SAFE** Spring Break.

NAU News

This Week in Sports

3/14 - Men's Tennis vs Northern Colorado - Noon

3/15 - Men's Tennis vs Clemson - Noon

3/16 - Men's Tennis vs Montana State - Noon

Freshman Year Connections Newsletters

Over the next few months, we will be providing you with in-depth information about supporting your student's academic and social success at Northern Arizona University.

We will send you reprints of articles written for our first-year students in our FYE 101 courses. Your reinforcement of the information in these articles will allow you to become more knowledgeable and empathetic with your student's college experience and give you an "in" for conversation with your son or daughter. We know you will look forward to reviewing these articles each week.

This week's article is "Engaging in the Career Exploration Process." To read the article, click [here!](#)

iPods at the Bookstore!

The NAU Bookstore Computer Sales department has received a new shipment of Apple iPods and iPod minis, all available to members of the NAU Parents' Association at prices incorporating educational discounts. The pocket-sized iPod is at the top of the digital music player market. It holds up to 10,000 songs, thousands of digital photos, and works as a personal voice recorder. The iPod mini is the world's smallest 1,000-song player, and comes in five trend-setting colors. What a great graduation gift!

For more information, visit www.bookstore.nau.edu/ipods, stop by the NAU Bookstore, or call 928-523-7222. The NAU Bookstore is an authorized Apple reseller and service center.

Relevant Links

[Parents Association](#)

[After Hours Program](#)

[NAU Registrar](#)

[NAU Athletics](#)

[NAU Home](#)

Student Activities and Events

Fronske Health Center Needs Your Input!

Is your son or daughter currently enrolled in a Blue or Gold program through the NAU Fronske Health Center? If so, please click [here](#) and answer a few short questions. **The name you enter on the survey will only be used to prevent duplicate entries, thus, you can select an anonymous name if you so choose.**

Limited resources are causing Fronske to increase some prices. Help them to design their Blue and Gold fees. If you are unfamiliar with the Blue and Gold programs, these programs are optional prepaid health programs for Fronske Health Center services. The Blue program is \$35 per semester and provides the student with unlimited free office visits at Fronske Health Center (currently \$20 for all primary care providers). The Gold program is currently \$80 per semester and provides the student with unlimited office visits, lab work, x-rays and procedures ordered by Fronske providers. A full semester of primary health care services for only \$80! Enrollment deadline each semester is 14 days after the first day of classes.

Dining Services

The dining experience is an important part of life on the NAU campus, with mealtimes providing opportunities for students to connect with friends, stay healthy, boost their energy, and unwind after a long day. Starting in the fall of 2004, all incoming freshmen campus residents will be required to choose a meal plan. We are happy to offer a range of meal plan options for students, each including "Dining Dollars" so that students can supplement their Meal Plan as they wish with options like snacks, afternoon breaks, or a quick soda between classes. For more information, visit our web site at www.nau.edu/dining/meals.htm or call 928-523-2372.

Share Your Stories!

Regardless of how long your son or daughter has been an NAU student, you could have a touching or funny story about your student or yourself and the university. Let us know! In a future issue of the Back Pack we will profile some of these (If you don't want your name included let us know!) to share with everyone. You can email us at Parent.Association@nau.edu. Also, make sure to check out our new Parents' Association web site at www.nau.edu/parents.

Flagstaff Activities and Events

Godspell

Tradition meets the 21st century in this classic musical written in 1971 which has been reworked and reborn. With a contemporary edge to the good old "rock opera" style of the score, the second coming of the resurrected 'Godspell' is a minor miracle. This family-friendly story has a timeless and universal message about finding your quiet, unshakeable faith amid a very loud, very cold, very shallow modern world. Doris Harper-White Playhouse at the corner of Cherry Ave. & Beaver St. For more information call 774-1662 or e-mail info@theatrikos.com. Ticket prices vary, and shows run until March 13 on Thursday, Friday, and Saturday. Performances are at 8 p.m.