

## Week of October 28, 2024

A weekly newsletter with news and information for SUNY Niagara Students.

It can also be found on the web <https://www.niagaracc.suny.edu/studentlife/weeklywolf/>



### Veterans Day Photo Tribute:

A tribute to our veterans! We will be celebrating the veterans on our campus with our **annual photo show** on the monitors around campus for Veterans Day. If you are a veteran or you have family who have served or are serving in the military, please **send your photos** with names and their relation to you to Seth Lamar ([tlamar@niagaracc.suny.edu](mailto:tlamar@niagaracc.suny.edu)) or bring them to Veteran Services B-103 by Monday, November 4<sup>th</sup>.

### Commemorative Flag Tribute:

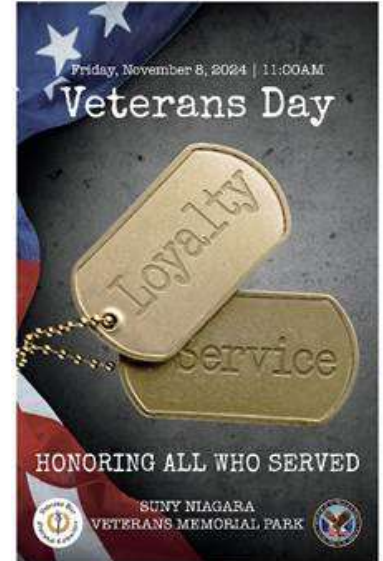
SUNY Niagara's Veteran Association will be offering American Flags that may be dedicated in honor or in memory of a family member or friend who has served or is currently serving in the Armed Forces. The flags will be displayed for Veterans Day and throughout the month of November. Join us in creating a poignant tribute to our veterans. Flags are available in the Enrollment Center and the Student Success Center.

Donations start at \$1.00. Digital donations may also be made on the Veteran Services web page: <https://www.niagaracc.suny.edu/veterans/> ,

### Veterans Day Ceremony is Friday, November 8:

SUNY Niagara is hosting its Veterans Day Ceremony on Friday, November 8<sup>th</sup> at 11:00 AM in Veterans Memorial Park. Following the ceremony, a small reception will be held in the Notar Administration Building Lobby (A Building).

As always, all students and staff are invited to participate in the ceremony and reception. Seth Lamar, Veteran Services



### Career and Transfer Services:

Week of 10/28/2024-11/1/2024

October 28, 2024

Niagara University- 10:30am-1:00pm - in the Learning Commons  
Medical Health Associates- 10:00am-2:00pm - Nursing Wing - C- Building

October 29, 2024

University at Buffalo- 10:00am-2:00pm in the Student Success Center  
ARMY National Guard- 10:00am-2:00pm in the Learning Commons  
Pennsylvania Western University- 10:00am-2:00pm in the Learning Commons

October 30, 2024

Charter School for Applied Technology - 10:00am-2:00pm in the Learning Commons  
University of Pittsburgh - 10:00am-2:00pm in the Learning Commons

October 31, 2024

Kaleida Health- 10:00am-2:00pm - Nursing Wing - C- Building  
Niagara University- 10:00am-2:00pm in the Student Success Center  
SUNY Fredonia- 10:00am-2:00pm in the Learning Commons

November 1, 2024

none

Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, Learning Commons

### Henrietta G. Lewis Library:



Andy Aquino, Public Services Librarian

Student Life Events:

**Gift card**  
**BINGO**

Join RA Mary for Bingo with gift card prizes!

**TUESDAY, OCTOBER 29TH @7PM**

**IN THE HOUSING GAME ROOM**

**HALLOWEEN BOO-WLING HANGOUT**

**THURSDAY, OCTOBER 31ST | 6-9PM**

ENJOY EXTENDED BOWLING ALLEY AND REC ROOM HOURS, FREE PIZZA & DRINKS, AND MINI PUMPKIN PAINTING

**COSTUMES ENCOURAGED!**

**Recipe of the Week:**

**INGREDIENTS**

- 2 cups water
- 1 (3 ounce) package any flavor ramen noodles
- 1 slice sandwich cheese of your choice

**DIRECTIONS**

1. Gather all ingredients.
2. Bring water to a boil in a saucepan. Add ramen noodles and cook until tender, about 2 minutes.
3. Pour out water, then stir in seasoning packet and cheese until well blended.
4. Enjoy!

**SPICE IT UP**

Add 1 tablespoon of butter, 2 dashes of chili powder, a dash of garlic powder, pepper and 1 tablespoon of hot sauce. Mix well and enjoy!



**CHEESY RAMEN NOODLES**

Budget Friendly, Quick, Easy Meal

**This and other great recipes can be found in the books in the Food Pantry. Some ingredients may also be available in the Food Pantry for each recipe.**

## Wellness Center News:

### Free COVID Tests Available

Please be advised that the Federal Government is providing FREE COVID home test kits again. We encourage everyone to place an order to be sure you have tests if/when you may need them. You can order 4 FREE test kits per household.

The website is: <https://special.usps.com/testkits> If you require further information, please feel free to [contact the Wellness Center](#), C122, at: 716-614-6275. Stay healthy and safe!



Cheri Yager MSN, BSN, RN, Supervisor, Health & Wellness Center

## SUNY Niagara Bookstore Hours: NEW

Monday	9:00-5:00
Tuesday	9:00-5:00
Wednesday	8:00-4:00
Thursday	8:00-4:00
Friday	9:00-4:00

## NFCI Bookstore Hours: NEW

Monday	9:00-4:00
Tuesday	9:00-3:00
Wednesday	9:00-3:00
Thursday	9:00-3:00
Friday	9:00-3:00

## Dining Commons

Monday-Friday: 8:30am-7pm

Saturday & Sunday: 11:30am-2:30pm

## Commons Cafe

Monday-Thursday: 7:30am-6pm\*

Friday: 7:30am-2pm

\*Closing time subject to change