

Week of November 4, 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/>



November 4th: Spring 2025 registration begins for NEW & TRANSFER students

Visit www.niagaracc.suny.edu/accepted/ for more information.

Make Your Voice Heard on November 5th:

Under New York State law, college students who meet all other eligibility requirements can vote at their college address or at their home address. That does not mean you can just show up and vote on election day. You need to register in the place you intend to vote. In order to vote in New York in the November 5, 2024 election, you must be registered to vote by October 26, 2024, and you must be 18 years old by November 5, 2024.

If you are not able to vote in person at the location where you choose to vote, you must request an absentee ballot in advance of the election to cast your vote.

Make a plan: I want to vote at my home address (in New York):

1. Check your current voter registration here: <https://voterlookup.elections.ny.gov/>.
2. Make sure you are registered to vote at your home address by October 26, 2024. You can register or change your registration here: <https://www.ny.gov/services/register-vote>.
3. Make a travel plan to vote in person on election day November 5, 2024.

OR

Request an absentee ballot so that your request will arrive 10 days before the election. You can request an absentee ballot: <https://ballotapplication.elections.ny.gov/home/absentee>.

I want to vote at my college address:

1. Check your current voter registration here: <https://voterlookup.elections.ny.gov/>.
2. Make sure you are registered to vote at your college address by October 26, 2024. You can register or change your registration here: <https://www.ny.gov/services/register-vote>.
3. Make a plan to vote in person on election day November 5, 2024 at a nearby polling place. You can check your polling place here: <https://voterlookup.elections.ny.gov/>.

If your home address is outside of New York State and you plan to vote in your home community, please check your local voting requirements for in-person and/or absentee voting. <https://allinchallenge.org/wp-content/uploads/ALL-IN-Out-of-State-College-Student-Voting-Guide.pdf> For more information go to <https://www.suny.edu/vote/>.



Veterans Day Ceremony is Friday, November 8th:

SUNY Niagara is hosting its Veterans Day Ceremony on Friday, November 8th 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.

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) or bring them to **Veteran Services B-103 by Monday, November 4th**.

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/>, Seth Lamar, Veteran Services

Fall 2024 Graduation Application Deadline:

The deadline to file for Fall graduation is December 13.

If you plan to earn more than one degree, certificate and/or microcredential in the fall semester, please submit a graduation application for each.

- Apply through Banner Web:
 - Click on "Student Records"
 - Click on "Apply for Graduation"
 - Select the major you are applying for. If you do not see your major listed, please contact the Enrollment Center at 716-614-6250.
 - Verify how your name should appear on your diploma.
 - Review the information you entered is correct and click "Submit Request"
 - You can view your submitted application under the Student Records tab of Banner Web at any time.
 - If your mailing address has changed, please update the Personal Information tab of Banner Web. Your diploma will be mailed to your mailing address on file.

More information on how to apply, graduation, and what's next after you've applied can be found on our website:

<https://www.niagaracc.suny.edu/registration-records/graduation/>

Career and Transfer Services:

November 4, 2024

Niagara University- 10:30am-1:00pm - in the Learning Commons

November 5, 2024

University at Buffalo- 10:00am-2:00pm in the Student Success Center

Daemen University- 10:00am-2:00pm in the Learning Commons

SUNY Morrisville- 10:00am-2:00pm - Nursing Wing - C- Building

November 6, 2024

Buffalo State - 10:00am-2:00pm in the Learning Commons

Canisius University- 10:00am-2:00pm in the Learning Commons

Mcguire Group- 10:00am-2:00pm in the Learning Commons

Rochester Regional Health- 10:00am-2:00pm - Nursing Wing - C- Building

Niagara University- 11:00am-1:30pm - at Niagara Falls Culinary Institute (NFCI)

November 7, 2024

Niagara University- 10:00am-2:00pm in the Student Success Center

SUNY EMPIRE- 10:00am-2:00pm in the Learning Commons

November 8, 2024

Western Governors University- 10:00am-2:00pm - Nursing Wing - C- Building

ECMC - 10:00am-2:00pm - Nursing Wing - C- Building

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



Student Life Events:

NO TAP BOWLING TOURNAMENT
PRESENTED BY RA SAIGE

TUESDAY, NOVEMBER 5TH 7:00PM

FREE SNACKS AND DRINKS

NO-TAP BOWLING = RECEIVE A STRIKE WHEN YOU KNOCK DOWN NINE PINS WITH YOUR FIRST BALL

NFCI
DINNER AND A MOVIE SERIES
RATATOUILLE
November 7th @ 6pm | NFCI Theatre

SCAN THE QR CODE TO SIGN UP OR VISIT:
<https://fareharbor.com/embeds/book/nisgaracc/items/534943?availability/1478764737/book?ful-items=yes>

FOR STUDENTS ONLY MUST BRING STUDENT ID TO THE MOVIE

Movie Screening

THE WILD ROBOT

1:30 PM IN E142
FRIDAY, NOVEMBER 8TH

JOIN ANIMATION CLUB FOR SNACKS AND A VIEWING OF THE CURRENT RELEASE FILM THE WILD ROBOT

ANNIE'S CLOSET

CAREER & PROFESSIONAL CLOTHING
FREE FOR STUDENTS

Scan for Open Hours
For Appointments: Contact Student Life

Office of Student Life
Student Center | 2nd Floor | Room G-543
studentlife@nisgaracc.suny.edu | 795-614-6255

Recipe of the Week:

INGREDIENTS

- 1/2 cup + 1 1/2 teaspoons all-purpose flour
- 2 tablespoons sugar
- 1/4 teaspoon baking powder
- dash salt
- 2 tablespoons butter, melted
- 3 tablespoons milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon sprinkles

DIRECTIONS

1. Add flour, sugar, baking powder, and salt to a mug and stir together.
2. Stir in milk, melted butter, and vanilla extract until smooth, being sure to scrape the bottom of the mug. Stir in sprinkles.
3. Cook in microwave for 70-90 seconds (until cake is just set, but still barely shiny on top). Allow to rest in microwave for 1 minute before consuming.

VANILLA MUG CAKE

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 pantry for each recipe.

Wellness Center News:

Mental Health Monday

POETRY WRITING EVENT



* 4:00 - 6:00PM

MONDAY,
NOVEMBER
4TH

*Come to this event to write
some poetry and share
your poem with others!*

Did you know...

Poetry can provide comfort and boost your mood during times of stress!

Studies show that putting thoughts down on paper can help process emotions!

Location: Student Housing Village, 1st Floor, Game Room

MENTAL HEALTH MONDAY WITH THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)



COMPLETE THIS QR FORM TO RSVP!
RSVP PREFERRED, WALK-INS WELCOME!



NAMI will be sharing their presentation "Ending the Silence" for students to learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery.

Food (boneless wings, cheese and crackers) and water/pop will be provided along with free mental health giveaways.

Any student that attends will be entered into a raffle for a \$50 Amazon gift card - there will be 2 winners!

This event will take place in the Student Housing Village, 1st Floor Game Room

Monday, November 18th:
4 to 6pm

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