

Week of December 9, 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/>



Career and Transfer Services for December 9th to 13th

December 9, 2024

ARMY National Guard- 10:00am-2:00pm in the Learning Commons
Niagara University- 10:30am-1:00pm in the Learning Commons
STARS - Substitute Coordinator and Recruitment Services (Erie BOCES)- 10:00am-2:00pm in the Learning Commons

December 10, 2024

Canisius University- 10:00am-2:00pm in the Learning Commons
Intandem- 10:00am-2:00pm in the Learning Commons
NYS Air National Guard- 10:00am-2:00pm in the Learning Commons
UB - 10:00am-2:00pm in the Student Success Center

December 11, 2024

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

December 12, 2024

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

December 13, 2024

Niagara University- 11:00am-1:30pm at Niagara Falls Culinary Institute
CSL Plasma- 11:30am-3:30pm at Niagara Falls Culinary Institute
Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, Learning Commons

PRESENTATION of MONET & GIVENY:

Join Professor Nancy Knechtel **TODAY in Room E107 at NOON** for a tour of Claude Monet's home and studios in Giverny, France. We will walk through his extraordinary gardens and see his waterlily pond that inspired his painting. This is a view into the life of a successful artist who lived well. Presentation will last about 45 minutes.

ATTENTION CHESS PLAYERS:

Every Friday from 9:30 to Noon they will be playing chess in the Honors Lounge, E227, for the rest of the semester. Stop by and say HI.

Pamela Lange, M.S. Ed., Assistant Professor Integrated Reading & Writing and Honors Coordinator
Arts, Humanities, and Social Sciences Division

Wellness Center News:

The new issue of [CampusWell](#) is out!

Video: Find your personal mantra

https://niagaracc.campuswellplus.com/?video=912&feed=115&utm_source=school&utm_medium=email&utm_content=find-your-personal-mantra&utm_campaign=1224W1

5 easy meals for when you don't have time to cook

<https://niagaracc.campuswell.com/easy-microwave-meals>

Ask the professor: "Who can I talk to about an unfair professor?"

<https://niagaracc.campuswell.com/ask-professor-unfair-grade>

The truth about vaping and e-cigarettes

<https://niagaracc.campuswell.com/chemicals-in-e-cigarettes>

FitnessU: Try this total body chair workout between study sessions

<https://niagaracc.campuswell.com/fitnessu-chair-workout>

Check out your SUNY Niagara resources, events, & announcements:

<https://niagaracc.campuswell.com/category/campus>

Enter to be 1 of our 5 \$50 Amazon gift card winners this week:

<https://niagaracc.campuswell.com/enter-to-win>

Wellness Wednesdays
Stress Reduction for Finals

COOKIE DECORATING

Wednesday | Dec. 11 | 4-6 PM

Student Housing, 1st Floor, Game Room

STRESSED SPELLED BACKWARDS IS DESSERTS!
JOIN US TO DECORATE A HOLIDAY COOKIE!
(WHILE SUPPLIES LAST)

We will have winter themed coloring sheets
and information with study tips available



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

Student Life:

You are invited to RA Kaelyn's

TIE BLANKET MAKING event

Stay warm, stay cozy!!

DECEMBER 10TH, 2024

@ 6:00PM | Housing Hub
First Come, First Serve

WHILE SUPPLIES LAST

A poster for a tie blanket making event. It features three examples of tie blankets with different patterns: a winter scene, a lake, and sunflowers. The text is in various fonts and colors, including white, blue, and red. There are also small illustrations of penguins at the bottom.

Pjs and pancakes

December 12th
7-10pm
Dining Commons

Join us for a late night pancake bar, wear your comfiest pajamas and watch The Polar Express

Enjoy a pancake bar with chocolate chip, regular and gluten friendly pancakes, a toppings bar, bacon and hash browns

A poster for a "Pjs and pancakes" event. It features illustrations of pajamas, a snowsuit, and a movie poster for "The Polar Express". The text is in white and blue on a dark blue background with snowflakes.

RELAX

Free Chair Massages

From the Massage Therapy students

December 16th 10am-1pm In the Student Hub (across from the bookstore)

Relax during finals week with a free chair massage from the massage therapy program students!

SELF CARE

SUNY Niagara Presents

FALL DANCE WORKSHOP

INTO THE LIGHT

DECEMBER

Thurs 12th @7pm
Friday 13th @3pm & 7pm
Saturday 14th @3pm & 7pm

\$10 GENERAL ADMISSION
\$5 SENIORS & VETS
STUDENTS FREE WITH ID

3111 SAUNDERS SETTLEMENT
SANBORN, NY 14312

Recipe of the Week:

INGREDIENTS

- 1/4 cup chocolate chips
- 1 cup prepared pancake batter (homemade or prepared from a mix)
- 2 tablespoons maple syrup
- 2 teaspoons sugar

DIRECTIONS

1. Using 2 mugs, add 1 tablespoon chocolate chips to each, followed by 1/4 cup of the batter to each.
2. Top each with 1 tablespoon maple syrup.
3. Add another tablespoon chocolate chips and another 1/4 cup batter.
4. Sprinkle the tops with 1 teaspoon sugar.
5. Microwave the jars one at a time until the mixture is fluffy and puffed over the edge of the jar, about 2 minutes 40 seconds.
6. Add more syrup to taste.
7. Enjoy!

CHOCOLATE CHIP PANCAKES IN A MUG

delicious!

Budget Friendly, Quick 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.

Call for Nominations for the Chancellor's Award for Excellence in Adjunct Teaching!

Do you have an EXCELLENT adjunct (part-time) instructor at SUNY Niagara?
Did this adjunct faculty member make a difference for your educational journey?

Nominate your adjunct faculty member for the prestigious SUNY Chancellor's Award for Excellence in Adjunct Teaching!

Fill out a quick nomination form with the link below nominations are due by December 19!

<https://www.surveymonkey.com/r/ChancellorAdjunct> 24



Student Showcase:

Participation Requirements:

- ✓ All SUNY Niagara students are eligible.
- ✓ Applications may be submitted by individuals or groups.
- ✓ Faculty support is required. Prior to beginning your project, contact a current SUNY Niagara faculty member and ask them to become a Faculty Mentor.
- ✓ Incomplete applications cannot be accepted.
- ✓ Maximum of 2 projects per student including participation in group projects
- ✓ Project applications must include a maximum 200 word Abstract (See Abstract Requirements)
- ✓ Students of all abilities are encouraged to apply. Please contact Accessibility Services if you will need any accommodations. They are located in A-167 or can be contacted by phone at 716-614-6728 or email at access@niagaracc.suny.edu .

Application Requirements:

All fields in the electronic application must be fully completed. Only one application is necessary for group projects. The first student listed is considered the primary contact person. The name, email address, and academic department of your faculty mentor must be included. **APPLICATIONS WILL OPEN EARLY SPRING 2025.**

Please fill out an interest form in the meantime by clicking here <https://niagaracc.libwizard.com/ff/showcase>

If you have any questions on the application process, please reach out to the library at library@niagaracc.suny.edu or 716-614-6786. Student Showcase Committee

Dining Commons Specials for Week of December 9:

WEEKLY SPECIALS

SUNY NIAGARA COMMONS DINING

Personal Touch FOOD SERVICE

BURGER Ntrip Burger	PIZZA White Pizza	
SUB Chicken Cordon Bleu	SPECIALTY Broccoli Cheese Bread Bowl	

Weekend Specials

Personal Touch FOOD SERVICE

Friday
Mix or match any two
G&G Sandwiches or Wraps for \$11.95

Saturday
Any two slices & fries
w/ a Fountain Drink for \$11.50
OR
\$2 off any Sandwich Combo

Sunday
GAME DAY SPECIAL!
\$23.99
Large Calzone
Fingers & Fries
(3) Fountain Drinks

All Weekend
Breakfast All Day!
Breakfast
will be available
from open-close
Saturday & Sunday