

**March 4<sup>th</sup> : All Purpose Day – No classes, day or evening.**

**ACE/Tutoring Available on Tuesday, March 4<sup>th</sup>!**

The Academic Center for Excellence will be open regular hours next week, including **Tuesday, March 4th**, from **8:00 AM – 8:00 PM**. Tutoring services will be available throughout the day! To schedule an appointment: ☎ Call our front desk at **716-614-6724** or ✉ Email us at [ace@niagaracc.suny.edu](mailto:ace@niagaracc.suny.edu) or 📖 Book online at [web.penjiapp.com](http://web.penjiapp.com)

We look forward to supporting you!

Madison Ebsary, Academic Center for Excellence Coordinator

**Career and Transfer Services:**

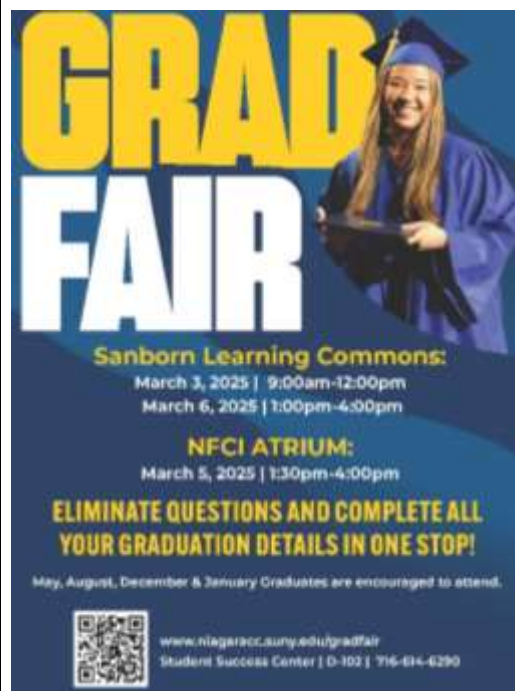
**CAREER AND TRANSFER SERVICES week of March 3, 2025**

**March 3, 2025**

Niagara University- 10:30am-1:00pm in the Learning Commons  
NYS Office of Parks and Recreation- 10:00am-2:00pm in the Learning Commons  
Army National Guard - 10:00am-2:00pm in the Learning Commons

**March 6, 2025**

Daemen University - 10:00am-2:00pm in Nursing Wing - C-Building  
ECMC - 10:00am-2:00pm in Nursing Wing - C-Building  
Buffalo State - 10:00am-2:00pm in the Learning Commons  
Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, Learning Commons



**ATTENTION MILITARY STUDENTS:**

The New York National Guard's 27th Infantry Brigade has been mobilized by Governor Hochul in response to the Correction's Officer strike in western New York State.

The office of veterans' Services would like all faculty to be aware of this so they can afford these military affiliated students leeway to make up any missed assignments and exams that may be administered in their absence.

These rules and for military students are all outlined in Executive Order 13607. The length of the mobilization is unknown as it will continue for the duration of the Correction's Officers strike. Since this is the early stage of the mobilizations, active duty orders have yet to be published as operational requirements have been made a priority. As soon as the OVS learns of their publishing and distribution we will inform the faculty as it is part of the student's obligation pursuant to Executive Order 13607. Thank you for your understanding. Please contact the Veteran Services Office in B-Building if you would like a copy of Executive Order 13607.

Seth Lamar, Financial Aid Technical Assistant/Veteran Services

## Wellness Center News:



The new issue of *CampusWell* is out!

### Video: Slow breath meditation to ease anxiety and stress

[https://niagaracc.campuswellplus.com/?video=2548&feed=115&utm\\_source=school&utm\\_medium=email&utm\\_content=slow-breath-meditation-ease-anxiety&utm\\_campaign=0225W4](https://niagaracc.campuswellplus.com/?video=2548&feed=115&utm_source=school&utm_medium=email&utm_content=slow-breath-meditation-ease-anxiety&utm_campaign=0225W4)

### A beginner's guide to networking

<https://niagaracc.campuswell.com/take-the-fear-out-of-networking>

### Ask the counselor: "What should I do if someone from a different culture ignorantly insults my culture?"

<https://niagaracc.campuswell.com/ask-counselor-cultural-insensitivity>

### Our experts answer your questions on sexual health

<https://niagaracc.campuswell.com/sexual-health-culture-and-relationships>

### Ask the doc: "Should I take meds for my mild but annoying headache?"

<https://niagaracc.campuswell.com/ask-the-doc-should-i-take-meds-for-mild-but-annoying-headache>

### 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>

Cheri Yager MSN, BSN, RN, Wellness Center



# COME PLAY PLINKO



**MONDAY MARCH 3RD 11 AM- 1 PM  
LEARNING COMMONS**

Stop by to play a quick game  
and debunk myths and  
stigmas about mental health

**Pizza, desserts, and  
giveaways will also be  
available!!**

Sponsored by SUNY NIAGARA WELLNESS CENTER

## TRIVIA TUESDAYS: MENTAL HEALTH & WELLNESS



### WHAT?

Caitlin Jones, LMSW from the Wellness Center will be sharing information on various Tuesdays throughout the semester. Stop by to say hi, learn some information, test your knowledge and spin the wheel to win a prize!

### WHEN & WHERE?

The following Tuesdays  
11:15am-1:15pm

February 25th  
March 11th  
March 25th  
April 8th  
April 22nd  
May 6th

2nd Floor by the elevators



### Barnes & Noble News:

Caps & Gowns are now available at the bookstore!

The cost is \$44.98 for the cap, gown, and tassel. **Students MUST fill out the form and purchase in store by May 2nd to be eligible to receive 2 guest tickets and participate in the commencement ceremony.**

NFCI students should purchase at the NFCI bookstore. Tickets will be available to pick up starting May 6th at the campus store where the cap & gown was purchased.

Stop by Grad Fair to purchase or get more information!

Sanborn Campus: 9am - 12pm on Monday, March 3 and 1pm - 4pm on Thursday, March 6

At

NFCI: 1:30pm - 4pm on Wednesday, March 5

New Clearance Markdowns at the Sanborn Campus store! All NCCC clearance merchandise is now an extra 50% off! (Previously an extra 25%). Notebooks as low as \$1.49, folders 74 cents, hats \$6.99, and shirts \$3.99!! \*Does not apply to any SUNY Niagara merchandise.

Alysha Brizzell | Assistant Manager, Barnes & Noble Store #760



Disney • PIXAR  
**BRAVE**  
NFCI DINNER AND A MOVIE SERIES  
Wednesday, March 12th  
NFCI Theatre @6pm  
ENJOY SCOTTISH CUISINE AND  
THE MOVIE BRAVE

SCAN TO SIGN UP



NIAGARA FALLS  
CULINARY INSTITUTE

**GET READY FOR AN  
EPIC PARTY AT  
LASERTRON.**

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Friday, March 7th • 6 pm - 9:30 pm

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Enjoy Laser Tag, Axe Throwing, a  
\$10 Arcade Voucher, Pizza, and  
Pop!

▷▷▷ REGISTER IN THE ◁◁◁  
STUDENT LIFE OFFICE AT G243

**LIMITED SPOTS AVAILABLE**

Questions?  
Email us at [Studentlife@niagaracc.suny.edu](mailto:Studentlife@niagaracc.suny.edu)

Sponsored by Your Student Activity Fee

**ROLLERSKATE**  
*Night*

**Friday, March 28th**  
6 pm - 9 pm  
DINING COMMONS G209

Bring your own skates or borrow ours!  
Glide, groove, and enjoy a night of  
skating and music with friends!



Sponsored by Your Student Activity Fee

## Please Note Day and Time Change

**Chess in the Honors Lounge**  
Every Monday  
10:00 to 11:00 am  
E225

Join Honors scholar **Artem**,  
a 2<sup>nd</sup> Division Chess Player,  
in a game of chess

Email him for more information:  
[ademisenko443@mymcc.niagaracc.suny.edu](mailto:ademisenko443@mymcc.niagaracc.suny.edu)

**Come and learn how to play the game**  
**See how certain moves are executed**



### Recipe from the Food Pantry:



## PIZZA BAGELS

### INGREDIENTS:

- 2 bagels
- 1/2 cup marinara sauce
- 1/2 cup shredded cheese
- Other toppings (optional)

### INSTRUCTIONS:

- Spread marinara on bagel halves.
- Top with cheese and other toppings.
- Microwave for 1-2 minutes.

This and other recipes can be found in the books available in the **FOOD PANTRY**.  
See someone in Student Life, G243, for hours of the pantry.

### ART GUILD Trip to Cleveland Museum of Art:

On Wednesday, March 5 the Art Guild through Student Life is sponsoring a bus trip to the Cleveland Museum of Art. Seats can be reserved with Professor Goodrich in F129 or Dolce Valvo Art Center or Professor Buckman in F133 or F138. There's a signup sheet in the drawing studio, F138 as well. First come, first served. The cost is \$20. The bus will leave campus at 7:45 AM and return early evening.

# DENNIS STIERER

In Celebration of the 200<sup>th</sup> Anniversary of the Erie Canal

Photographs from the Collection of the Burchfield Penney Art Center

**MARCH 5 - APRIL 14, 2025**

Reception for the artist: April 8, 11 a.m. - 1 p.m.

**Dolce Valvo Art Center at SUNY Niagara**



Contact [jgoodrich@niagaracc.suny.edu](mailto:jgoodrich@niagaracc.suny.edu) for available hours.  
3111 Saunders Settlement Rd. · Sanborn, NY 14132

# KEY DATES

## March 2025

-  **March 3<sup>rd</sup> : Sanborn Grad Fair** - 9:00 AM to 12:00 PM in the Learning Commons, on the Sanborn Campus.
-  **March 4<sup>th</sup> : All Purpose Day** - No classes, day or evening.
-  **March 5<sup>th</sup> : NFCI Grad Fair** - 1:30 PM to 4:00 PM in the NFCI Atrium, NFCI Campus.
-  **March 6<sup>th</sup> : Sanborn Grad Fair** - 1:00 PM to 4:00 PM in the Learning Commons, on the Sanborn Campus.
-  **March 10<sup>th</sup> : Summer & Fall registration for current students begins** - Register before new students! Schedule an appointment with your advisor to plan courses and register for next semester. This is mandatory to register – don't miss it! Visit <https://www.niagaracc.suny.edu/registration-records/csreq/> for more information.
-  **March 17<sup>th</sup> - 23<sup>rd</sup> : Spring Recess** - College Closed / No classes.
-  **March 31<sup>st</sup> : Readmit Registration Begins** - For Summer / Fall 2025. Visit <https://www.niagaracc.suny.edu/accepted/> for more information.



Considering changing your major?  
Not sure of your academic status?  
Stop by the Student Success Center  
next to the Tripp Cafe or call  
716-614-6290 for help!

**Missed an issue Weekly Wolf?** Visit this website for past issues: <http://www.niagaracc.suny.edu/weeklywolf/>