

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/>



For Week of October 6, 2025

FRIENDLY REMINDER:

While on the campus of SUNY Niagara

It is a violation of the STUDENT CODE OF CONDUCT TO possess or use any illegal controlled substance, drug, or drug paraphernalia and will be reported to local and state authorities and will also be subject to disciplinary action by the College. Being under the influence of drugs including, but not limited to, marijuana, and any cannabinoid containing product is prohibited on College premises or at any College function.

Any action that involves the forced consumption of illegal drugs for the purpose of initiation into or affiliation with any organization is also strictly prohibited, and will be subject to disciplinary action. The College will cooperate with local and state authorities on any cases of suspected illegal use, possession or distribution of state- controlled drugs.

Also, the use of tobacco products on **any College campus** (this also includes smokeless tobacco products, e-cigarettes, and vaping) is a violation of the Code. SUNY NIAGARA HAS A SMOKE FREE ENVIRONMENT AND SANCTIONS WILL BE IMPOSED ON THOSE THAT VIOLATE this. Please see the DRUG and ALOCHOL POLICY FOR FURTHER details.

We want everyone to enjoy their SUNY Niagara Experience, please help us to achieve that!

Guide to Online Services:

Many student services are offered online via Banner Web. For more information, please see the [Guide to Online Services](#).
Records Office

CAREER AND TRANSFER SERVICES week of October 6:

October 6, 2025

ARMY National Guard- 10:00am -2:00pm in the Learning Commons

October 7, 2025

Niagara University - 10:30am-1:00pm at Niagara Falls Culinary Institute

NYS Parks and Recreation- 10:00am -2:00pm in the Learning Commons

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

University at Buffalo- 10:00am -3:00pm in the Student Success Center

October 8, 2025

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

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

Kaleida Health- 10:00am -2:00pm in the Learning Commons

October 9, 2025

Better Together Pet Resource Center- 10:00am -2:00pm in the Learning Commons

Niagara Falls Memorial Medical Center- 10:00am -2:00pm in C-Building near Nursing Wing

Roswell Park- 10:00am -2:00pm in C-Building near Nursing Wing

Rochester Regional- 10:00am -2:00pm in C-Building near Nursing

Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, kmurphy@niagaracc.suny.edu

Phishing and Scam Email Alert

We want to remind you to stay vigilant against fraudulent emails, especially those offering suspicious job opportunities or requesting personal information.

Common signs of email scams include:

- Offers for work study or high-paying jobs with little effort or vague descriptions.
- Requests for personal information (e.g., Social Security Number, bank details).
- Emails from unofficial or misspelled addresses.
- Urgent or threatening language pressuring you to act quickly.
- Links or attachments that seem out of place or unexpected.
- Requests to move conversations to either texting or third-party communication apps like Telegram or Discord.

What you should do:

- **Do not respond** to suspicious emails.
- **Do not click** on unknown links or download attachments.
- **Verify** job offers through official university channels or trusted job boards.
- **Report** phishing attempts to the T-Wolves Assistance email account (TWolvesAssistance@niagaracc.suny.edu).

Your safety online is just as important as your safety on campus. If you're ever unsure about an email, please reach out before taking any action.

Office of Information Technology

Manage Your Money On Campus with Alliance Niagara FCU:

Did you know that SUNY Niagara students can take advantage of **Alliance Niagara Federal Credit Union**, located right on campus? Alliance is a **member-owned, not-for-profit credit union** that offers:

- Savings & checking accounts
- Certificates of Deposit (CDs) with competitive rates
- Low-rate auto and personal loans
- VISA credit cards
- Online banking and ATM access

It's a convenient, affordable way to manage your money while you're in school.

📍 Location: 3111 Saunders Settlement Rd, G-146, Sanborn, NY

🕒 Hours: Mon–Thu 9 AM–3 PM | Fri 9 AM–1 PM

🌐 Learn more: allianceniagara.com

Pay Online & Get Refunds with Nelnet:

SUNY Niagara partners with Nelnet for all online payments and direct deposit refunds. Through Nelnet, you can make no-fee one-time payments, set up a payment plan and enroll in direct deposit for refunds.

If you do not already have a Nelnet account, log in to **Banner Web** and, under the *Student Accounts* card, select **PAY MY BILL ONLINE via Nelnet**.

Have questions? The Cashier's Office, room A-206, is here to help.

SNAP income brackets have increased as of October 1.

Am I eligible for SNAP?

SNAP helps New Yorkers buy healthy food at the grocery stores, farmer markets, corner stores, and more. The amount you receive depends on your household income, household composition as well as other additional circumstances.



SNAP income guidelines

Family Size	130% of monthly gross income (no other adults, disabled, dependent care or earned income)	150% of monthly gross earned income (no other adults or disabled, and no one pays dependent care expenses)	200% of monthly gross income (older adults (60+) or disabled or dependent care)
1	\$1,696	\$1,957	\$2,608
2	\$2,292	\$2,644	\$3,525
3	\$2,888	\$3,332	\$4,442
4	\$3,483	\$4,019	\$5,358
5	\$4,079	\$4,707	\$6,275
6	\$4,675	\$5,394	\$7,192
7	\$5,271	\$6,082	\$8,108
8	\$5,867	\$6,769	\$9,025
Each add'l member	+\$596	+\$688	+\$917

*Check information is based upon SNAP standards effective October 1, 2022 – September 30, 2023

FeedMore wny
feedmorewny.org



Reach out today
to see if you
qualify!

FeedMoreWNY
Kristina Markey
Niagara County NCEP Coordinator
snaps@feedmorewny.org
(716) 430-7300

Prepared by project of Niagara Technical State Park

This material was prepared, in part, by the NCEP Regional Services Network (RSN) in 2021. This document is a general information guide.

THE SPIRIT SUNY Niagara school newspaper can be read at <https://snspirit.org/>

Lewis Library News:

Urban Renewal in New York State

For the month of October, the Lewis Library is hosting an exhibit on Urban Renewal. This exhibit explores the complex history and mixed legacy of New York State's Urban Renewal program. Ninety communities in the state, including many in Western New York, undertook Urban Renewal projects, and while those projects promised to revitalize downtown areas, the program is most often remembered as a fraught period when many of the state's most vulnerable residents were forcibly removed from their housing and private developers were given publicly subsidized deals on land purchases. In addition to the traumatic displacement of many New Yorkers, Urban Renewal programs are often associated with the demolition of many historical neighborhoods and business districts. They are a complicated emblem of mid-century "progress."

The exhibit is located at the entrance of the library.

There is also a corresponding online exhibit: <https://nyheritage.org/exhibits/urban-renewal>

Jean Linn, Library Director, Technical Services Librarian & Archivist

FREE FREE FREE!

Stage Make-Up Workshop on Tuesday October 7th from 6-8PM in the SUNY Niagara Auditorium



Diane Di Bernardo

is an accomplished makeup artist, actor and educator. In New York City, her makeup work has been seen in countless ad campaigns, runway shows, off-Broadway, independent films and television. Locally, she has designed and worked on makeup looks for local high schools, ad campaigns and consulted for shows at The Kavinoky Theatre, and Shakespeare in Delaware Park.

Her makeup work can be seen on INSTAGRAM @therealdianediber.

proFound: Assemblance, Found Objects & Zero Waste

You're invited to the opening reception to meet artists and explore the exhibition together.

Oct 21 – Nov 19, 2025

Opening Reception: Tues, Oct 21 — 1:00–3:00 pm

Location: 3111 Saunders Settlement Road, Sanborn, NY

Contact: jgoodrich@niagaracc.suny.edu (for gallery hours)

This group exhibition examines themes of reuse, transformation, and ecological awareness through assemblage and found-object work.

Featured artists:

Kristen Ator • Josef Bajus • Michael Beam • Nancy Detra • Andrew Deutsch • Abraham Ferraro • Gary Griffin • Richarch Gubernick • Dennis Maher • Barbara Murak • Gerald Mead • Mario Moncallian • Westly Olmsted • Alexis Oltmer • Richard Rockford • John Schwartz • Randy Shull • Frances Smokowski • Michael Sowiski • Michael E. Sowiski • Nathan Sowiski • Peter Sowiski • John Toth • Dana Tyrell • Joseph Verrastro • Al Volo



FeedMore
wny

SUNY NIAGARA WELLNESS CENTER

MAKE A DIFFERENCE MONDAY

Write **greeting cards** for
Feedmore WNY and give
back to your community!
Meet new people!



MONDAY, OCTOBER 6TH
4-6PM
STUDENT HOUSING
1ST FLOOR, GAME ROOM



ALL General Reading Books are on sale until October 31st!

All books are 15% off every day through 10/31.

On Wednesdays, take 25% off any book with a PINK cover.

On Fridays, take 25% off any book with a BLACK cover.

Manga books are Buy 2 Get 1 Free.

In store only, at both the NFCI and Sanborn campus stores. We've gotten many new books in stock, so be sure to check out the selections!

Haven't picked up your Wolf Packed textbook order yet?

We still have a whopping 185 orders ready for pickup! Be sure to check your T-Wolves email to see if you received a reminder email.

After 3 reminder emails, and the order has been ready for more than 30 days, we need to return the books back to the shelves.

Bookstore Hours:

NFCI: 9am-3pm Monday – Friday

Sanborn: 9am-5pm Monday & Tuesday, 8am-4pm Wednesday & Thursday, 9am-4pm Friday

Health & Wellness News:

**Narcan
Training**

FREE TO ATTEND
PARTICIPANTS WILL RECEIVE
A FREE NARCAN KIT
WEDNESDAY OCT. 15
G211
11 AM-12 PM OR 2 PM-3 PM

**SAVE A
LIFE** CARRY NARCAN

FOR QUESTIONS STOP BY THE
HEALTH & WELLNESS CENTER
(C-122) OR CALL 716-614-6275

The new issue of *CampusWell* is out!

Video: 5 things you can try to “happify” your life

https://niagaracc.campuswellplus.com/?video=5108&feed=47&utm_source=school&utm_medium=email&utm_content=5-things-to-happify-life&utm_campaign=1025W1

Simple Ways to Bring Mindfulness into Your Daily Routine

<https://niagaracc.campuswell.com/make-everyday-life-more-mindful>

Stuck Studying? 8 Ways to Get Back on Track

<https://niagaracc.campuswell.com/studying-ways-to-get-back-on-track>

Everyday Empowerment: 4 Ways to Practice Consent and Own Your Boundaries

<https://niagaracc.campuswell.com/practice-consent-and-own-your-boundaries>

Ask the doc: “Should I be worried if my freckles have gotten darker?”

<https://niagaracc.campuswell.com/should-worry-if-freckles-got-darker>

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

 Commons Dining DAILY SPECIALS 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY ENTREE • Pasta & Meatballs	DAILY ENTREE • Chicken Alfredo	DAILY ENTREE • Hot Roast Beef	DAILY ENTREE • Creamy Chicken	DAILY ENTREE • Fish Sticks
DAILY SIDE DISH • Breadstick	DAILY SIDE DISH • Bread Stick	DAILY SIDE DISH • Mashed	DAILY SIDE DISH • Pasta	DAILY SIDE DISH • Cheesy Rice
DAILY VEGETABLE • Carrots	DAILY VEGETABLE • Broccoli	DAILY VEGETABLE • Broccoli	DAILY VEGETABLE • Corn	DAILY VEGETABLE • Mixed
SOUP OF THE DAY • Tomato	SOUP OF THE DAY • Roasted Red Pepper	SOUP OF THE DAY • Jalapeno popper	SOUP OF THE DAY • Steak & Ale	SOUP OF THE DAY • Italian Wedding
SPECIALTY PIZZA • Chicken Finger	SPECIALTY PIZZA • Meatball & Cheese	SPECIALTY PIZZA • Chicken Finger	SPECIALTY PIZZA • Veggie	SPECIALTY PIZZA • Buffalo Chicken Finger
COMMONS DINING @ SUNY NIAGARA DAILY SPECIALS FALL 2026				