Seasonal Student Issues
There’s a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

√ Exploration and acknowledgement of personal values
√ Long distance relationship strain
√ Increased feelings of loneliness and homesickness may
√ A desire to feel connected to campus
√ Roommate adjustments
√ Experimentation with alcohol and other drugs
√ Getting acclimated to new types of academic expectations
√ Figuring out how to get organized and manage time
√ Searching for a sense of belonging

http://www.niagara.edu/counseling/

Time Flies… Out the Window, If You’re Not Careful!

Time management strategies for students

As your student gets in the “school groove,” learning to work smartly and efficiently is a key to success. Consider discussing the following time management strategies …

Beware That Stuff Steals Time
It’s so true. When you have too much stuff in your living space, you spend more time looking for things. By doing a “stuff purge,” your student will be better able to get to things quickly while staying more organized.

Decompress Your Mind
A stressed, overactive mind is not as time efficient as a calm, collected one is. So, whether your student uses breathing techniques, exercise or other stress management tools, it’s important to make them a natural part of everyday life. Not only will time usage be more efficient, the body and mind will also be healthier!

Don’t Over Schedule
There comes a time in some students’ schedules where they just can’t fit anything else in. So, learning to say “no” is important. It’s much better to be realistic than trying to be all things to all people. The latter is bound to disappoint someone and to overwhelm your student. Continued on page 2
Hispanic Heritage Month

From September 15-October 15, we celebrate Hispanic Heritage Month. Here are some quick and easy ways that you and your student can, too:

- Go to a Mexican, Cuban, Spanish or other spicy restaurant when you’re visiting during Family Weekend. [http://www.niagara.edu/family-weekend/](http://www.niagara.edu/family-weekend/)
- Share a Spanish word of the day when you’re emailing or texting one another
- Check out the intriguing stories of people in history, such as our new Supreme Court Justice Sonia Sotomayor, at [www.biography.com/Hispanic-heritage/](http://www.biography.com/Hispanic-heritage/) and share links with one another
- Talk about study abroad options and how your student can learn more: [http://www.niagara.edu/sap/](http://www.niagara.edu/sap/)
- Send your student a filled piñata that she/he can use with friends
- Or send some different types of coffee from Hispanic/Latino countries, such as Colombian coffee, café Mexican, or shade-grown coffee from Central and South America.

Time Flies…

Avoid Weekend Reliance

During the busy weekday it’s easy to say, “I’ll get to that over the weekend.” However, weekends often get full, plus it’s important for students to give themselves some down time, too. So, encourage your student to not rely on weekends as the time to get most things done. Instead, dose it out over the weekdays, for maximum efficiency.

Time Stealers

Random texting, chatting endlessly due to unlimited cell phone minutes, spending hours on video games or Facebook… all are Time Stealers. Ask your student if this is how he/she wants to be spending precious free time.

Meryl Streep, The Empty Nester

Actress Meryl Streep, a mother of four, is about to become an empty-nester. Here’s what she told Diane Sawyer on “Good Morning America” (August 3, 2009):

"My youngest is going to college in the fall. So much of your life focused on all of these kids. And [my husband] said to me, 'You know, 30 years now, we've had to be, somebody has to be home in September,' you know? And all the time. And we've never made any plans to go anywhere or do anything for 30 years, basically - without considering that. And now we can. It's sort of great."

Empanadas Argentinas

"Empanadas Argentinas". Sponsored by The Latin American Studies Program, The modern and Classical language Department and the BIENVENIDOS students club. Tami Tango Trio, a tango group directly from Argentina, will perform in the NU Gallagher Center on September the 28 at noon.
Staying Fire Safe

Nationally since January 2000, 135 students have died in campus related fires, according to Campus Firewatch. Over 83 percent of these fatalities in the U.S. occurred in off-campus housing. What did many of these fires have in common?

- Smoke alarms were missing or disabled
- Automatic fire sprinklers were lacking
- Smoking materials were disposed of carelessly
- Alcohol consumption impaired people’s judgment

So, what can students do to keep themselves fire safe both on and off campus? Here are just a few things…

- Respond to every fire alarm quickly and compliably—you never know when it’s the real thing
- Know where the fire exits are in the building and practice the escape plan
- Keep fire doors closed instead of propping them open—these are what keep fire at bay
- Don’t tamper with fire alarms, fire extinguishers in the residence halls or sprinkler systems—they serve a vital purpose
- Follow the “no candles, no incense” rule in the residence hall—they often cause fires when burning unattended

Healthy U!

Since September is National Skin Care Awareness Month, National Yoga Month, Better Breakfast Month and Fruits & Veggies-More Matters Month, it’s the perfect time to focus on healthy living! Here are some ways you can do just that with your student:

- Head to www.fruitsandveggiesmatter.gov to discover how many fruits and veggies you need, as well as what counts as a serving. Then send this info on to your student, as a chart or an online document that he/she can refer to.
- Send/give your student a favorite skin care item as a surprise.
- Take a yoga class or do some other form of exercise and then talk with your student about how it made you feel.
- Have a Fruit ‘n Veggie Taste Test one night with your family, trying different produce like star fruit, pomegranates, butternut squash and more. If your student lives away, take photos (here’s Dad with kiwi slices for eyes!) and send them along.
- Even if you and your student are separated by distance, it doesn’t mean you can’t support one another in the quest to live a healthier, happier life. In fact, it’s vitally important that you serve as one another’s cheerleaders in this pursuit. Here’s to a healthier U!

- Avoid overloading electrical outlets or running cords under rugs, mattresses, etc
- Know how to use a fire extinguisher—use the PASS system: Pull the pin, Aim low at the base of the fire, Squeeze the lever and Sweep side to side slowly
- If you’re going to smoke, do so outside, never in bed, and consider the risks when you’re drowsy or have been drinking—more people die from smoking-related fires than any other type. All NU residence halls are smoke-free and smoking is not permitted.
- Be alert—alcohol impairment greatly increases your chances of being seriously injured in a fire
- For these and more tips, head to www.campusfiresafety.org/infobulletins.

September is Campus Fire Safety Month. It’s a good time to share precautions with your student and to encourage him/her to take campus fire programming and warnings seriously.
A Healthy Breakfast

According to the Mayo Clinic, here is what forms the core of a healthy breakfast:

* Whole Grains. Include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers or melba toast.
* Low-fat Protein. Include hard-boiled eggs, peanut butter, lean slices of meat and poultry, or fish, such as water-packed tuna or slices of salmon.
* Low-fat Dairy. Include skim milk, low-fat yogurt and low-fat cheeses, such as cottage and natural cheeses.
* Fruits and Vegetables. Include fresh fruits and vegetables or 100 percent juice beverages without added sugar.
* Experts at the Mayo Clinic suggest choosing one or two options from each category to round out a healthy breakfast. These options are available in the campus dining halls—students can get creative with what they mix and match to create good, healthy breakfasts.

For more information about NU’s food services visit http://niagaradining.com/

Preparing for Family Weekend- October 25-25th

It will soon be time to visit campus for this annual ritual. To make it a calm, positive occasion, here are a few questions to consider and act on ahead of time:

- Where to Sleep? Book a place to sleep, if you’re planning to stay overnight. Hotels, bed and breakfasts, and campgrounds typically book up quickly.
- What to Do? Look through the campus activity listing of all there is to do that weekend. You may need to make reservations for certain things.
- What Does She/he Want to Do? Check with your student to see what to do during your visit. There may have certain things he/she would like to show you.
- How to Compromise? Express the types of things you hope to do when on campus, too, so that everyone has some input into how things will go.
- Who Will Come? Determine if siblings and other relatives will be joining you.
- Where and When to Eat? Make meal reservations in town—it’s a busy weekend! See if your student has a favorite joint she/he would like to show you or if there’s a restaurant that she/he has been itching to try.
- What to Bring? Ask your student if he’d like you to bring anything he/she needs to school and/or take anything back—that’ll help you plan your vehicle space.

We look forward to having you on campus with us!

For NU family weekend information visit: http://www.niagara.edu/family-weekend/

For more information on area attractions visit: http://www.niagarafallstourism.com/  
http://www.niagara-usa.com/
We are all well aware of the continued spread of the Influenza virus and the continued identification of the Novel Flu (H1N1) virus throughout Western New York, the surrounding area, and the world. This virus appears to be spread like other influenza viruses through droplets, from person to person mostly when an infected person coughs or sneezes near another person. The spread of this virus has been ongoing throughout the summer months and the Center of Disease Control and New York State Department of Health has projected an increase in identified cases throughout the fall semester. It is estimated that 30%-50% of the U.S. population and 1/3 of the world population will become infected. Niagara University has taken this projection seriously and has implemented all recommendations offered by the CDC and the NYSDOH as of August 20, 2009.

Symptoms of the influenza-like illness include, fever (a temperature above 100.4°F) and either a cough or sore throat. Other symptoms including headache, fatigue, runny or stuffy nose, body aches, diarrhea, and vomiting. Influenza-like illnesses can vary in severity from mild to severe. It is recommended that students who have flu-like symptoms stay home or in their resident halls (except to seek medical care) until they are symptom-free (without use of fever reducing medications) for 24 hours.

The CDC and the NYSDOH anticipate that a Novel H1N1 Influenza A vaccination will be available later this fall. The following high risk groups have been identified to receive the vaccination first:

- Pregnant women
- Caretakers and family members for children younger than 6 months old
- Health care and emergency medical services personnel
- Individuals 6 months through 24 years old
- Individuals 25-64 years old who are at higher risk for H1N1 because of chronic health disorders or compromised immune systems

Our Health Center has been working closely with the local health department in preparations for the anticipated influenza season; as well as the possible distribution of the Novel H1N1 vaccination to our students should it become available this fall.

NU has initiated a campus wide educational campaign for both students and staff aimed at prevention and early identification. Encouraged your student to practice the following respiratory etiquette, hand hygiene and healthy practices:

- Avoid touching his/her eyes, nose or mouth. Germs spread that way.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after use, and wash hands thoroughly.

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Wash hands often with soap and water. Alcohol–based cleaners are also effective.

♦ Cough/sneeze into his/her sleeve, not hands.

♦ Open the resident hall window daily for fresh air.

♦ Disinfect his/her room by wiping down all surfaces daily with Clorox or Lysol wipes.

♦ Eat a well balanced diet, drink plenty of liquids, get 8-9 hours of sleep a night, and exercise regularly. Keeping a healthy immune system prevents illness.

♦ If she/he is ill, stay home/in the resident hall, and limit contact with others to prevent infecting them.

To ensure the health and welfare of our students we are recommending that all students that will reside on campus have the following supplies so that they will be prepared this fall should they suffer from influenza like symptoms. This might be a great opportunity to send your student a “care–package” from home!

**Supplies:** Digital thermometer, cool air humidifier, tissues, hand sanitizer, cough drops, Lysol disinfectant spray, Lysol wipes, packets of chicken noodle soup, crackers, tea bags, Gatorade packets.

**Medications:** Fever reducing medicine( Motrin or Tylenol), Antihistamine/Decongestant liquid or tablets, Normal Saline nasal spray

Niagara University will be hosting a flu shot clinic on October 29, 2009 from 3pm-6:30pm. Encourage your student to visit the health services webpage for more information. Students with receive information immediately should the Novel H1N1 Influenza A vaccination become available this fall.

Should your student become ill with Influenza like symptoms, please instruct them to call the Health Center at 717-286-8390 to talk with a health care provider. If medical assistance is needed after hours or on weekends, please have your student notify their RA or contact campus safety at 8111 from their residence phones or 716-286-8111 from a personal phone. They are available to provide your student with immediate medical assistance until emergency personal arrive.

*The health and safety of our students and staff is of our utmost concern. Together we will make a difference.*

Alumni Weekend

October 09 - 11, 2009

http://www.niagara.edu/alumni/
Hospitality Services provides an exciting and innovative dining services program for the entire Niagara Community. We are committed to offering your student great food, a wide variety of menu options, honest values, and a comfortable atmosphere in which to enjoy it all. Here is some important information about our services:

**Menu’s & Nutritional Information**
- All menu’s are posted on our web site, [www.niagaradining.com](http://www.niagaradining.com) at least 2 weeks in advance.
- All menu items are identified at each food station, along with the nutritional information of each item.
- A Nutritional Information Kiosk is available in Clet Dining Hall.
- Nutritional Information for all of our recipes may be accessed from a personal computer at [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com).

**Dining Facilities Communications**
We encourage all suggestions/concerns to be brought to the attention of a manager immediately. Management personnel are on premise for all hours that the dining facilities are open.

Suggestions/concerns may also be placed in the Suggestion Box located in each dining facility, or e-mailed to us from the link on our web page.

All suggestions/concerns are answered and placed on the suggestion board for all students to review. We will communicate the answer to your student’s suggestion/concern personally if he/she provides a phone number and/or e-mail address.

**Allergies and Special Dietary Needs**
We encourage all students who have allergies and medical specific dietary needs to meet with us to discuss these needs. This helps to insure that the items your student needs are available.

If you student needs to know specific recipe ingredient, the chef will come out and review the recipe.

We also offer: soy milk, gluten free pasta’s and breads.