NU, world celebrate Obama inauguration
Monteagle Ridge holds unique events to mark historic day

In his inaugural address to the United States and the world, President Barack Obama said, “we gather because we have chosen hope over fear, unity of purpose over conflict and discord.” Nearly 200 Niagara University faculty, staff and students gathered to watch and listen to this historic moment during “A Celebration of Unity and Hope” on Jan. 20 in the upper level of the Gallagher Center.

Prior to the historic event, student clubs representing a diverse range of interests displayed educational poster boards to illustrate a number of key issues facing the nation. Included were displays on the environment, higher education and immigration. Other posters introduced students to the members of the new cabinet.

Near mid-morning, the Rev. Joseph L. Levesque, C.M., Niagara University president, gave an invocation, which kicked off brief remarks by three speakers. Dr. Christopher Lee, associate professor of political science, talked about the significance of the presidency.

Then at approximately 11:45 a.m., a large screen set up in the upper level broadcast the ceremonies. A standing-room-only crowd listened to Aretha Franklin sing “American the Beautiful.” Revelers cheered at Obama’s first appearance on the Capitol steps, then gave him a standing ovation once Chief Justice John Stevens officially announced the former Illinois senator as the 44th president of the United States.

Once President Obama’s inauguration address ended, a celebration ensued in Washington and at Niagara. The university’s party included its best rendition of “Chicago-style” pizza, a drum circle, and a poetry performance. Special commemorative pins were also given to attendees.

The day concluded with the showing of “Unbought and Unbossed,” the 2005 PBS special that chronicled Shirley Chisholm’s run for president in 1972. A discussion of the film by Dr. Seneca Vaught, assistant professor of African and African American History, took place in Dunleavy Hall.

Obama stressed that America’s sense of responsibility is also the source of the nation’s confidence, noting, “God calls on us to shape an uncertain destiny.” And despite that uncertainty, for one day in the country and at Niagara, there were not Republicans or Democrats; everyone was an American.

NU’s Kaylin Ranagan, ’08, mentors students at inauguration — read more on page 2.

NYS budget cuts could have effect on students

New York state’s current budget proposal offers mixed news for college students, and the Commission on Independent Colleges and Universities is asking for your help in standing up for student aid.

The proposed budget cuts $75 million in student financial aid programs, including TAP, HEOP, C-STEP, and Liberty Partnerships. More than 50 percent of Niagara University undergraduates benefit from these programs.

At the same time, Governor David Patterson has introduced a new, low-cost student loan program called New York Higher Education Loan Program. If passed by the legislature, this program could help thousands of students borrow for college at interest rates lower than what private, alternative loan lenders now offer.

Please encourage elected officials to enact this new initiative. For more information, visit www.nystudentaidalliance.org.
Political science students have many internship opportunities

The department of political science is pleased to announce that it has several interns currently completing internships and several students returning from interning. Senior Shawn Davis interned with the Junior Presidential Youth Inaugural Conference in Washington, D.C.; sophomore Neiko Crown is currently participating in the New York State Assembly Intern program and is completing her work with Assemblyman Steve Hawley in Albany.

Senior Sarah Kelley has accepted an internship in the Niagara County District Attorney’s office, while senior Jennifer Chmura is working with the YWCA at Carolyn’s House; she is also taking part in the Clinton Global Initiative University by helping local women with job searches, creating resumes and filling out job applications.

Junior Teresa Watson is currently working as an intern in Congresswoman Louise Slaughter’s Niagara Falls office. Cara Johnson is interning with NU alum Catharine Venzon at Venzon Law Firm. Senior Rachel Corza is interning with the offices of Serotte Reich Wilson, LLP, where senior Stephanie Munas completed an internship last semester. During the spring semester of last year, Munas completed an internship in the Office of the Clerk of the United States Supreme Court in Washington, D.C. Also, junior Joshua Jensen returned from Washington in December after interning at the White House in the Office of Strategic Initiatives.

“We are very proud of our students’ accomplishments,” said Dr. Jamie Pimlott, director of the prelaw program in the department of political science. “We look to continue the track record of outstanding internship experiences for NU political science students.”

If you know of a student who would like to complete a political or legal internship, please have them contact Pimlott at japimlott@niagara.edu.

Daughter of Charity assigned to NU

Sister Mary Frate, D.C., has been assigned to Niagara University, effective Jan. 12, 2009. She will work in the financial aid office as coordinator of the student emergency loan fund, the position held by the late Father Thomas McGourty, C.M.

Sister Mary most recently was assigned to the Northeast Province of the Daughters of Charity, assisting young people with their vocational decisions.

Previous positions she held include program director for the Vincentian Renewal Center in Princeton, N.J., and associate director of Catholic Charities in Gallup, N.M. Sister Mary is no stranger to Western New York, having served for 10 years as the Niagara County director of Catholic Charities for the dioecese of Buffalo.

NU’s Ranagan gets unique view of Obama inauguration

Kaylin Ranagan, ’08, admissions counselor at Niagara University, will have a wonderful story to tell her children and grandchildren someday. Not only was she a witness to the inauguration of President Barack Obama, she also mentored 25 scholars at the Presidential Youth Inaugural Conference in Washington, D.C., on Jan. 20. The PYIC provides inaugural scholars with a unique experience as they take part in and share firsthand in the excitement and ceremony of the presidential inauguration.


Kaylin Ranagan (front row in black lace dress) with her scholars at the inaugural ball.
Our Lady of Angels Association to present first Lifetime Achievement Award to Father Louis Trotta, C.M.

As part of the observance of its 90th anniversary year, Our Lady of Angels Association will recognize the Rev. Louis P. Trotta, C.M., with its first Lifetime Achievement Award. The presentation will be made at a dinner Friday, March 6, at Antonio’s Restaurant Banquet & Conference Center, 7708 Niagara Falls Blvd., Niagara Falls.

Father Trotta, currently assistant director of the Central Association of The Miraculous Medal in Philadelphia, spent 38 years in administration at Niagara University. The award will be conferred in gratitude for his faithful devotion to the Blessed Mother and for his lifelong dedication to spreading devotion.

As a development office for the Eastern Province of the Congregation of the Mission (the Vincentian Community), Our Lady of Angels Association promotes love for and devotion to Our Blessed Mother under her special title of Our Lady of Angels, while also raising funds for the education of priests and seminarians, as well as serving the poor through various ministries.

The Rev. Michael J. Carroll, C.M., provincial superior of the Vincentians, will present the award to Father Trotta. All proceeds from the dinner will help support Vincentian charities.

Reservations, at a cost of $50 per person, may be made by calling Our Lady of Angels office at 716-754-0035 by Friday, Feb. 20.

Chambers receives landmarks grant from National Endowment for the Humanities

The National Endowment for the Humanities has awarded Niagara University history professor Dr. Thomas Chambers a grant to hold American history and culture workshops for school teachers at Old Fort Niagara in Youngstown, N.Y. The grant, “Crossroads of Empire: Cultural Exchange and Imperial Rivalry at Old Fort Niagara,” totals $149,415.

The workshops are scheduled for July 13-17 and 20-24, 2009. During the first session, Pulitzer-Prize-winning historian Alan Taylor of the University of California-Davis will discuss his book, “The Divided Ground: Indians, Settlers, and the Northern Borderland of the American Revolution.” Several other well-known scholars will speak during both sessions.

The NEH established the grant program for Landmarks of American History and Culture as part of the Endowment’s “We the People” initiative to encourage and strengthen the teaching, study, and understanding of American history and culture.

“These workshops offer teachers an outstanding opportunity to deepen their understanding of colonial American history and to directly impact their classroom teaching,” said Chambers. He added that workshops can be used as professional development credit, as well.

The July workshops will combine leading scholarship, key selected readings, and Old Fort Niagara’s material resources, specifically its buildings, interpretive programs, and the site itself, to introduce participants to the history of European-Native interaction, imperial conflict, and the westward expansion of the United States.

Old Fort Niagara is one of the most significant 18th-century military sites in the United States, and is among the nation’s oldest extant fortifications. Over parts of three centuries, Fort Niagara acted as a crucial location in the contest for control of North America. France, Great Britain, the Iroquois, and the United States all knew that control of this spot equaled command of the Great Lakes region. In 2009, it celebrates the 250th anniversary of the 1759 British siege of the French fort, part of New York state’s commemoration of the Seven Years, or French and Indian, War.

For more information, please contact Chambers at 716-286-8091, or visit www.niagara.edu/crossroads.

NU thanks retirees — Jenny Barile (left), laundry operator in facilities services, and Dolores Rabbe (right), were honored by Niagara University during the annual Christmas party, held in Clet Hall Dining Commons on Dec. 16.

NU mourns

James Fleckenstein, husband of Dr. Marilynn Fleckenstein, associate vice president for academic affairs – programs and policy, on Jan. 16.

Cindy E. Woodruff, a longtime Niagara University librarian, on Jan. 2, 2009.
Niagara launches redesigned Web site

The Office of Information Technology’s Web team has been working hard on a complete redesign of the Niagara University Web site. The project, which kicked off in the summer, will bring not only a new design to the site, but a new navigational structure and the implementation of a content management system.

In September, Andrew Houle was hired as the latest addition to the Web team. Andrew has a solid background in Web and graphic design, content management systems, and Web programming. He is playing a major role in the Web redesign project and has brought a wealth of expertise to the team.

Most universities are already using a content management system to manage their Web sites or are planning to do so. As sites grow as large as ours, the need for more efficient management of content and design is important. A CMS allows you to completely separate content from design, allowing you to adapt quickly and easily to changing needs. Every few years, a Web site should undergo some sort of redesign as technology and design theories are constantly changing. The use of a CMS allows you to make site-wide changes like this easily, without having to touch thousands of static Web pages. The content is databased and the design exists separately, allowing flexibility and efficiency.

The design Andrew has been working on is simple and contemporary. It’s a very good time to be doing a redesign, as the climate for designers has never been better. The world of Web design has traditionally been very turbulent and the issues of browser compatibility, accessibility, bandwidth efficiency, and end-user friendliness are much easier to handle now that Web browsers have, for the most part, adopted standards. Higher education Web sites created within the last year are simple, clean and efficient. Niagara’s will be no different, reflecting the values and traditions of our university while bringing the latest Web technologies into play.

The Niagara Web site serves a wide audience. Students, employees, alumni, and the community all visit our Web site for different reasons. The most important target audience, however, is prospective students, and the main goal of the Web site must be the recruitment of new members of the Niagara family. It is for this reason that while input and contributions to the Web site from Niagara faculty and staff are important and needed, things will be much more structured with the implementation of the content management system. It will be much easier to review content for accuracy, spelling, grammar and appropriateness. The goal is consistency, regardless of what area of the Web site you are viewing. Without a consistent message, look and feel from top to bottom, it is very difficult to build and market a brand, and the end result of this extensive overhaul will be a site that is manageable and reflective of our great university. Instead of the wide variety of microsites that we currently have, we’ll present one consistent Niagara University Web site.

In addition to what has already been mentioned, video will become a major part of the relaunched site. The hiring of Brian Rock, IT’s multimedia production specialist, will provide us with the opportunity to share the Niagara experience with prospective students in ways beyond text and photos. Our plan is to utilize video extensively to highlight the many great things Niagara has to offer, beginning with our campus, our faculty, and our students.

Cummings Foundation commits $100,000 to NU science center

The James H. Cummings Foundation of Buffalo, an organization created to further medical science, medical research and medical education, has awarded a $100,000 grant to Niagara University for construction of its new science center.

The grant, which will be paid in equal installments over two years, will be applied to the university’s capital campaign, “The Promise of Niagara.” The $80 million campaign includes funding for the new science facility, which will be known as the B. Thomas Golisano Center for Integrated Sciences. Golisano, a well-known Rochester businessman who owns Paychex and the Buffalo Sabres, announced a $10 million commitment toward construction of the $25 million science center in October.

The Cummings Foundation grant is its second major commitment to the university’s science program. In March 2007, the foundation awarded a $130,000 installment to the university to purchase equipment for its Academic Center for Integrated Sciences.

In addition to funding programs in medical science, education and research, the Cummings Foundation also provides services for underprivileged boys and girls and assists aged and infirm persons. The charitable, nonprofit corporation, which was organized in 1962, is named for a prominent Buffalo pharmaceuticals manufacturer.

NU welcomes the ABITIBI Paper Retriever!

You may have seen these around the community at local schools, libraries and other nonprofit organizations. Now we have one here on our campus! NU’s very first green and yellow Abitibi paper dumpster has been placed behind the back entrance of Timon Hall, near the O’Shea Hall parking lot. It is required that we fill at least one dumpster a month in order to keep this program here on campus. We also earn money when you recycle here, so help us earn money for our new green programs that have started on campus! For more information please check out www.PaperRetriever.com.
Thomas Merton’s anniversary: A life worth pondering

By the Rev. John T. Maher, C.M., ’76
director of campus ministry and university chaplain

Anniversaries occur in all forms: some joyful, some sad, some stimulated by a memory or conversation. Many are poignant. Such was the case for me on the recent 40th anniversary of the death of Thomas Merton, a scholar, Trappist monk and writer.

He wrote on literally everything: theology, social and political commentary, poetry, letters, journals, and a biography, “The Seven Storey Mountain,” a story of Merton’s conversion to Catholicism and entrance into Gethsemani Monastery. It became one of the best-selling biographies of all time, required reading for generations of Catholics.

Merton had a hedonistic view of life as a college student and young man. But when his conscience was awoken in serving the poor at Harlem’s Friendship House, a Catholic drop-in center, and when he “dared” visit Corpus Christi Church near Columbia University, something happened. He took instruction in the Catholic faith, was baptized, and even tried to enter the Franciscans while teaching at St. Bonaventure University in Olean, N.Y.

For me, what is amazing about Merton’s writing is how “dead-on right” he was about the human condition. Despite an isolated monastic life, he was deeply connected to the struggles of life. His insights on Cold War tactics led to his being silenced by his superiors. His prescience on the Civil Rights struggle was noted by black leaders across America. His works on spiritual direction, prayer and contemplation have been reprinted many times and are seen by Catholic and Protestant scholars as classics.

Over Christmas, I made a retreat at Gethsemani Abbey and visited Merton’s grave and the hermitage he lived in before his sudden, untimely death at age 53. I thought of what an amazing life he led and his impact 40 years after his death. As a monk he lived apart from the world; yet his writings indicate how deeply he shared in the joys and struggles of humanity. You can learn more about him at www.merton.org or www.mertoninstitute.org. Perhaps in 2009 you can acquaint yourself with this spiritual giant.

One of his most famous writings is a prayer composed after his conversion, a great source of consolation to people of past and present ages, and reprinted in many languages. Taken from the book “Thoughts on Solitude,” it is:

“MY LORD GOD, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so.
But I believe that the desire to please you does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road though I may know nothing about it.
Therefore will I trust you always though I may seem to be lost and in the shadow of death.
I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

NU nursing students offer “get ready for winter” program at Heart and Soul soup kitchen

A group of nursing students held a community education day at the Heart and Soul soup kitchen in Niagara Falls as part of their Building Healthy Communities course. With the theme of getting ready for the cold weather, students provided information about symptoms and what to do for hypothermia and frost bite. This was challenging as the guests included persons with limited resources. They advised people at risk in cold weather, such as people with diabetes and vascular disease, to regularly inspect their feet. Foot soaks were available and the nurses inspected guests’ feet and demonstrated the process. At one point, there were five people up to their knees in suds. At the end, the Heart and Soul guests at the health event were invited to “shop” through the supply of warm weather clothes, hats, gloves and boots that the students had collected in a monthlong clothing drive on and off campus. The generosity of NU students, faculty, employees, friends and family was evident in the supply of clothing donated. Students learned about community process and resources, as well as how to offer service to persons in need in the community.

Happy New Year! Another year has arrived with many of us already making our New Year resolutions, and others still planning. Like many of you, I have decided this year is going to be the year to work on establishing a healthier lifestyle for myself as well as my family. With that in mind, I am going to focus this month’s On Campus news article on a healthier lifestyle.

It is estimated that as much as 64 percent of the United States adult population is considered either overweight or obese. What is the difference, you may ask? Overweight is defined by Wikipedia as having more body fat (adipose tissue) than is optimally healthy. Obesity is defined as a condition in which excess body fat has accumulated to such an extent that health may be negatively affected.

While the medical community generally accepts the negative health outcomes associated with obesity, the health implications of being overweight are much more controversial. It is believed that being overweight causes similar health problems as obesity, just to a lesser degree. Your risk of death increases by 20–40 percent, and being overweight by the age of 40 decreases your life expectancy by three years. Being overweight is generally caused when your intake of daily calories exceeds the amount of energy utilized. It is generally recommended that a modification or controlled diet in conjunction with an increase in daily physical activity is a great start to a weight loss program. It is recommended by the American Heart Association that those who are obese consult with their primary care physician and develop a healthy weight reduction treatment plan that may include additional support systems.

The trick to a healthy lifestyle is to make small changes, introduced slowly, facilitating gradual weight loss, over an extended period of time. It is these small changes that will allow you to be more “heart healthy” and increase your chance of keeping the weight off for good. Consider these two simple modifications: increase your exercise and eat well.

**Exercise:** Increase your daily activities — movement is movement. Any activity, no matter how small, is better than none at all. Just by adding a little movement in your daily activities you can:
- Improve joint stability, as well as increase your joint range of movement.
- Prevent osteoporosis and bone fractures while maintaining bone mass and flexibility as you age.
- Reduce the risk of stroke, diabetes and heart disease (the #1 killer of American women).
- Enhance your self esteem, improve your mood and reduce symptoms of anxiety and depression.

Simple ways to increase your activity include:
- Turning off the TV for one hour each day and choosing a physical activity to do alone or with your family.
- Pacing while you talk. When you’re talking on the phone, walk around or do little chores such as dusting or sweeping. Enjoy yourself while you enjoy your conversation.
- Walking more. Look for small ways to walk more. Take the stairs instead of the elevator, park an extra two rows over, walk across campus to deliver a package in person, walk to another office rather than sending the e-mail.
- Registering for a low-stress exercise class. Consider joining the free lunch-hour stretching and toning classes offered at the Kiernan Center — even one day a week is better than none.

**Eating well:** Making small changes can assist in your weight loss efforts. Every bit helps.
- Make substitutions: Replace three foods that you eat daily with their low calorie alternatives.
- Switch to a low calorie or nonfat salad dressing.
- Add a healthy afternoon snack to your diet, then forgo your lunchtime indulgences.
- Sneak in more fruits and vegetables: simply add them to your cereal or sandwiches.

Establishing a healthy lifestyle doesn’t have to mean drastic changes, each small step is one step closer!

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**CCTL holds ninth annual conference —**
Dr. Jane Vella, founder of Global Learning Partners, was the keynote speaker at the ninth annual Committee on College Teaching and Learning conference, held in St. Vincent’s Hall Jan. 8-9. Vella discussed her insights on adult education gained from her more than 40 years of teaching in Africa, Asia and North America.
Faculty/staff/retiree segment of campaign achieves 46 percent participation

By Loretta Madia

The faculty and staff segment of Niagara University’s capital campaign, “The Promise of Niagara,” has reached the 46 percent participation mark, announced Don Bielecki, vice president for institutional advancement. It is hoped that this segment, which was launched on Nov. 12, 2008, will achieve 100 percent participation by May 31.

To those who have made a new commitment or renewed a previous one, a most sincere thank you! If you have not acted yet, please do so. As Father Levesque has said: “I continue to say this campaign is the single most important initiative in my long association with Niagara — a history that spans nearly 40 years. We can make history again. When those that follow us talk about the history of Niagara, it would be wonderful to have them brag about the campaign that achieved 100 percent participation from faculty and staff, and one which received wonderful help from retirees.”

Every day, we witness the time and energy that you give to the university. We see firsthand the many ways our university helps students reach their personal and professional goals and how tirelessly faculty and staff work in support of that mission to serve our students. As we celebrated at the Nov. 12 kickoff, “You hold the key!” to a strong and vibrant Niagara. It’s not magic.

Payroll deductions are a “painless” way to meet your commitment. What seems like a small payment over time will make a real difference. And when you indicate on your gift form/payroll deduction authorization for your payroll deduction to be automatically renewed each year, it makes it even more special.

If you have any questions about the faculty, staff and retiree segment of the campaign, please contact Loretta Madia at ext. 8789.

 NU’s Office of Continuing Education accepting registrations for fall classes

Niagara University’s Office of Continuing Education is accepting registrations for the spring 2009 schedule of courses. Credit-free classes are offered both in person and online.

Classes include flower arranging, a New York state Notary Public preparation class, Microsoft Office certificate, Emergency Medical Service training, beginner and intermediate ballroom dancing, sign language, and a paralegal certificate.

In addition, credit classes are offered after 4 p.m. in a variety of subjects that go toward completing a degree. These classes may be taken either as graduate or undergraduate courses, with the permission of the department chair or appropriate college dean.

To register, contact the Office of Continuing Education at 716-286-8181. Additional information can be found at www.niagara.edu/cce.
The start of a new year is a good time to prompt everyone to get involved in the Employee of the Month Program. The spring semester is upon us and everyone is full of activity getting the semester on its way. During this time we ask that you stop for a moment and look around you. Observe all the dedicated employees in your department and around campus. Without each and every one of these individuals, NU would not be bustling like it is. Take the time to get online and nominate a deserving employee. Without numerous nominations the program suffers.

The Employee of the Month Program was designed to recognize employees who consistently provide superior service to our customers, whether that is a student, a parent, an employee or the general public. Every employee who has completed one year of service is eligible to be nominated for the Employee of the Month. The only exceptions are faculty members, vice presidents, deans and directors. Using this definition, assistants to the deans, assistant directors, associate deans, etc., are eligible to be nominated.

Nominations
Anyone can nominate an employee. Peers, supervisors, faculty, students and even outside agencies. The nomination form is online on myNU under “Employment.” The form is divided into four sections: attitude/commitment, interpersonal skills, work performance/job skills and personal traits. Nominators are always welcome to include more information than what is requested in these four sections. Let the committee know how helpful someone has been or how dedicated a peer is to the university and its community. Send a nomination about how someone helps you with big projects. We are sure that if you took a few minutes of your time to think of those who help you day in and day out as well as those who make an impression on you, you will identify individuals to nominate.

Also, it only takes one nomination for someone to be selected as the employee of the month. Numerous nominations are not the goal; rather, it is what has been written in them.

Employees of the Month: Stephanie Newman, AJ McCabe

Congratulations to Stephanie Newman, career counselor in the Office of Career Development, and AJ McCabe, senior programmer in the information technology department, for being named Employees of the Month for December and January, respectively.

An employee of Niagara University since October 2004, Stephanie is responsible for coordinating nearly 100 classroom presentations each year and seeking better ways to integrate technology, be the creative force behind marketing strategies and oversee all of the literature and print media. A nomination stated, “Rarely in my professional life have I been privileged to work with someone who embodies professionalism and competence as well as Stephanie.” The same nomination added that Stephanie is the “linchpin” that enables the office to succeed.

Stephanie’s supervisor, Tom Hodick, director of career development, said it sometimes takes a period of time to recognize the scope of someone’s talent and potential. That was not the case with Stephanie. “I can attest, without reservation, to her strong desire to learn, creative energy, responsiveness, cooperative nature, and exceptional compassion for others,” Hodick said.

He added that the career development office is fortunate to have an individual of Stephanie’s caliber on its team.

AJ has been at NU since January 2006 when she was hired as an applications analyst. She is currently a senior programmer telecommuting from Westlake, Ohio. Prior to AJ moving out of the Western New York area, one of her responsibilities was to work with the department of human resources and its system at NU. AJ was committed to helping HR with its different projects, problems or concerns with the Colleague system.

“She quickly provides solutions and/or alternatives that may make our lives a bit easier,” a nomination said.

Although AJ is not assigned to assist HR while telecommuting, she is still a reliable source of information that the department can turn to in a pinch. Another nomination mentioned that AJ is very knowledgeable about HR system issues, especially in the area of benefits. “She is a tremendous asset to Chris Hart during the open enrollment process each year and continues to provide alternative ways of processing a large amount of information,” it said.

AJ was called a mentor to members of the HR team in a nomination and is always patient when offering guidance.
Cutting your food bill: It can be done!

By Jennifer Diez, head chef
Meade Hall

If part of your New Year’s resolution is to save more and spend less, I am here to help. Although it seems that finding any reasonably satisfying meal on an ever-so-tight budget might be impossible, it certainly is not. Here are a few tips and tricks to cut down your grocery bill.

• Cut coupons! The Sunday paper is worth getting for the coupons alone. Certain grocery stores double the face value of the coupons, therefore doubling your savings, so why not clip and save?

• Check out your local discount stores (like Wal-mart, Kmart, Target) for dry goods like flour, sugar, ketchup, soups, cookies, cereal and snacks. Discount store prices are often lower than Tops or Wegman’s for the exact same products.

• Don’t be afraid; try some generic brands! Believe me, I certainly don’t think they are all great, but plenty of generic products will work just fine when mixing them into a recipe. For example, Wegman’s cream of mushroom soup is about 50 cents cheaper than Campbell’s and tastes exactly the same when mixed in a casserole. I also think Wegman’s brand mandarin oranges are just as good as Dole or DelMonte.

• If you buy bottled water for the convenience alone, when you are finished with the bottle, refill it just about ¼ full and put it in the freezer. When you want to take a bottle of water with you, simply add cold water to the partially frozen bottle and it will stay cold for much longer that just taking one out of the fridge. This environmentally friendly solution keeps your bottle from ending up in a landfill, gives you the convenience of ice cold water to go, and saves you money because you don’t have to buy bottled water as often. How great is that?

For questions, tips, tricks or recipes, just e-mail me at nuchef@niagara.edu.

Niagara University receives Teagle Foundation grant to assess community-based learning

Niagara University and two other colleges have been awarded a $281,000 grant from the Teagle Foundation to develop methods for assessing community-based learning programs. NU will join with Rhodes College in Memphis, Tenn., and Franklin and Marshall College in Lancaster, Pa., in implementing a plan that was developed last year with a preliminary $25,000 grant from the foundation. The three-year project is particularly focused on value-added learning that results from students’ involvement in sustained college-community partnerships. Its goal is to develop a national assessment model that can be used to improve programming.

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The New York City-based Teagle Foundation provides intellectual and financial resources to ensure that students have access to challenging, wide-ranging and enriching college educations.
Athletics induct four into Hall of Fame — The Niagara University athletic department inducted four members into the Niagara Athletics Hall of Fame on Jan. 17, as part of Purple Pride Weekend. The 2008 Hall of Fame Class includes Mary Cutia (lacrosse), Amy Getman (women’s basketball), Paul Laper (football), and Tania Pinelli (women’s hockey). Pictured are Pinelli, Cutia and Laper with director of athletics Ed McLaughlin.

Vinnie hits century mark — Vince Rocco became the newest member of the Niagara University men’s hockey’s 100-point Club, during the team’s 4-2 victory at Sacred Heart on Jan. 3. Rocco is the 11th Purple Eagle in history and the fifth in the last five years to enter the club, by notching his 39th career goal on a backhanded wrap around. Rocco was honored by Niagara athletics on Jan. 16, prior to the team’s game against Quinnipiac. Ed McLaughlin, director of athletics (left), and men’s head coach Dave Burkholder (right), presented Rocco the puck with which he scored the 100th point.

Niagara University athletics

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<th>Event</th>
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<tr>
<td>Men’s hockey</td>
<td>Feb. 6-7</td>
<td>Robert Morris</td>
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<td>Women’s hockey</td>
<td>Feb. 7-8</td>
<td>Mercyhurst</td>
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<tr>
<td>Men’s basketball</td>
<td>Feb. 6</td>
<td>St. Peter’s</td>
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<td>Men’s tennis</td>
<td>Feb. 8</td>
<td>Youngstown St. (North Tonawanda)</td>
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For information about the exciting athletic events held on and off campus, visit www.purpleeagles.com.
Legacy of dance icon “Miss Bev” celebrated  
By Ann Heuer, ’78

Nationally recognized dance teacher and choreographer Beverly Fletcher Bellegia, a longtime professor in Niagara’s department of theater and fine arts, died on Jan. 10 at the age of 81.

Brother Augustine Towey, C.M., director emeritus, noted that “Miss Bev” assisted him, Dr. Sharon Watkinson, chair of the department of theater and fine arts, and the late Timothy Ward, associate director, in establishing Niagara University Theatre in the late 1960s.

In his remarks at her memorial service on Jan. 13, Brother Augustine said, “Miss Bev was the quintessential teacher: patient, clear and kind. I think today of the thousands of young people who are better for having known Bev — like all of us. Miss Bev was larger than life, larger than words, larger than the sum of us but always there for each of us. We miss her terribly.”

Dr. Watkinson said, “Miss Bev was an original, one of a kind. She was a skilled dancer, a brilliant choreographer and an extraordinary human being. Her legend and legacy will live on in the lives of all those whom she touched.”

“Miss Bev,” as she was known to all, received a bachelor of arts degree from Buffalo State Teachers College and a master’s degree from Niagara University. She started her first dance studio in Kenmore, N.Y., at the age of 16, and was the owner of Miss Bev’s Dance Studio in Niagara Falls, N.Y., for over 55 years, teaching and nurturing numerous students in the art of dance. She was the choreographer for all NU Theatre musical productions while a faculty member at the university for 25 years.

Alumna Natalie Slipko, ’93, noted “Miss Bev helped mold me into the person I am today. I was a student of hers since I was 7. She not only instilled patience, confidence, perseverance and creativity in me, but also inspired me to teach her students when I was 13 and do choreography by age 17. In fact, it was Miss Bev who suggested that I audition for my first musical — which led me to Niagara University’s theater department. I am forever grateful to Miss Bev as a teacher, as a choreographer, and as a close friend. She was a one-of-a-kind genius.”

Former director of Niagara University Theatre, Brendan Powers, ’96, added, “As a student at NU, I always enjoyed Miss Bev’s classes. Dancing didn’t come easy to me but I always appreciated how determined she was to get the best performance out of me. When it came to dance numbers in productions, I always knew that Miss Bev was watching out for all of us, working in such a way that made us all look as good as we possibly could. Some of my fondest memories are of the teachers in my life, and Miss Bev is certainly among them.”

Niagara University choreographer and associate professor of theater and fine arts, Terri Filips, also remembers Miss Bev with great affection. “Miss Bev was an icon and inspiration in the dance world,” she said. “She was a great mentor and teacher to many students. She was always generous with her time and talent. She will be missed, but her spirit lives on. I see it every time I walk through the studio doors.”

Without question, her spirit lives on not only in Western New York, but across the nation. Alumnus Derek “Twigs” Roland, ’00, said, “The tap community has lost a nurturing teacher, warm mentor, and inspirational leader with the passing of Miss Bev, and she will be missed. I have encountered many a well-known hoofer who, upon learning that I’m from Western New York, would energetically inquire, ‘So you know Miss Bev!’ We are all lucky to be able to answer that question with a resounding ‘Yes!’”

Miss Bev was the author of “Tap Dictionnaire,” a book published by Princeton Books that is used by many colleges, universities and dance studios. She also wrote the syllabus for the certification exam in tap for the Dance Masters of America and created the certification program. Miss Bev also developed her own tap shoe that was marketed and produced by Capezio Shoes for many years. She also started her own dance company in 1975 called Am-Dance, which traveled across the United States to present dance shows. In addition, she was a guest choreographer at Artpark in Lewiston, N.Y.

In 2005, a 20-foot mural was created by local artist Gabe Porto on the wall outside of Miss Bev’s Pine Avenue studio in Niagara Falls. The colorful mural features a parade of folk dancers, ballerinas and jazz and tap dancers and was created in Miss Bev’s honor in celebration of her more than 60 years as a Western New York dance teacher.

Miss Bev trained thousands of students in jazz and tap during her career, including Michael Bennett, director/choreographer of “A Chorus Line,” and Sam Viverito, an international director and choreographer. Her passion for teaching and innovation in dance resulted in exciting accolades. In 1999, she was honored by President George W. Bush and received a Lifetime Achievement Award presented by the Dance Masters of America. Miss Bev’s name is also on the Buffalo Walk of Fame in the form of a star.

Without doubt, Miss Bev’s legacy of dance lives on in all the students she worked with at Niagara University and throughout Western New York. She is survived by two daughters, Bambi Feuz and Robin (Carl) Bishara and five grandchildren. Bambi runs Miss Bev’s Dance Studio while Robin is a nurse. In a Sept. 17, 2005, front-page Niagara Gazette news article (“Dance instructor Bev Fletcher has left mark on the Falls”), Miss Bev’s daughters reflected on how remarkable their mother was in both her private life and her career. Feuz said, “My mother was always the most caring and understanding person towards us (her family) and others. Bishara reflected, “She always thought outside of the box. She was fearless and head on … taking on anything and everything, knowing no boundaries. What I have gained and learned from my mother I have been able to apply to everything in my life.”
approximation” provides opportunities to working today. “The Emancipation Walker is one of the most compelling artists reception: Sunday, Feb. 22, 2 – 4 p.m. Kara Feb. 15 – May 31 — Kara Walker: “The exhibitions profiling emerging artists of museum’s throughout the years.” This is the latest in comic books I have read voraciously by graphic design work I do by day and sources, these works are often injected with “Using words and images from a variety of that were previously abandoned or set aside. into her studio archives to reconfigure pieces upcoming exhibition, Greenan has delved zines locally and nationally. For the her paintings, drawings, prints, books, and paintings, drawings, prints, books, and zines locally and nationally. For the upcoming exhibition, Greenan has delved into her studio archives to reconfigure pieces that were previously abandoned or set aside. “Using words and images from a variety of sources, these works are often injected with the absurd and surreal, heavily influenced by graphic design work I do by day and comic books I have read voraciously throughout the years.” This is the latest in the museum’s TopSpin series of solo exhibitions profiling emerging artists of Western New York. The TopSpin series is sponsored by Tops Friendly Markets.

Feb. 15 – May 31 — Kara Walker: “The Emancipation Approximation.” Opening reception: Sunday, Feb. 22, 2 – 4 p.m. Kara Walker is one of the most compelling artists working today. “The Emancipation Approximation” provides opportunities to raise awareness, provoke discussion and educate students of all ages on the legacy of slavery and its ramifications today in the racial inequality that still pervades our communities. Visit our Web site for updates on educational programming related to this exhibition.

Art Express Family Workshops are a great remedy for cabin fever! Children will enjoy a tour of the gallery, hear a story and participate in an art activity. February’s theme is “Having Fun with Paper,” and workshops will be held Feb. 14, 21 and 28 at 2 p.m. Class fee is $3 per person/$2 museum members. Call 286-8200 to register.

March 15 — Opening reception for “JED: 30 Years of Paintings by Jed Jackson,” 2 – 4 p.m.

March 20 — Mixers at the CAM: Swing into Spring! Music by Jon Sieger and his All Stars, 5– 8 p.m. Free to museum members, NU students, faculty and staff, $5 others.

March 29 — Opening reception for “Artistic and Functional: Aprons from the Karen Anderson Collection,” 2 – 4 p.m.

To learn more about the Castellani Art Museum’s classes, exhibitions and special events, visit www.niagara.edu/cam/ or call 286-8200.

To view the calendar of events, visit www.niagara.edu/cam/calendar/calendar.html.

Live Music Series

Feb. 13 — BeatleMagic

All shows are from 8-11 p.m. in the “Under the Taps” Club in the lower level of the Gallagher Center. Admission is $5 at the door, but is free for Niagara faculty, staff and students. Admission includes free pizza and wings. Shows are open to the general public.

For more information on the Live Music Series, log onto www.niagara.edu/rrtr.

Bisgrove Hall/Academic Complex hosts “Standards for Santa” Week

The week of Dec. 1, 2008, brought more than 250 individuals from all areas of the community into the Academic Complex for a wide variety of activities hosted by the College of Education.

“It was a week to celebrate our partnerships and share our wonderful facility with the community,” said Patricia Wrobel, assistant dean for external relations in the college. “We hosted events from early childhood reading hours, tree decorating by our local school district partners, family military night, breakfast with school superintendents, and lunchtime choral performances in the building atrium highlighting various schools’ musical talents.”

The building was decorated with the theme of “holidays around the world.” Students researched how other countries celebrate the holidays, how to extend holiday greetings in other languages, and holiday wishes on a “chain of hope” with over 800 university and community members participating.

A family military night co-sponsored by the colleges of Education and Business brought 11 military families to enjoy literacy activities planned by Dr. Donna Phillips’ graduate literacy students, a visit from Santa, ornament making for a military tree, dinner with the faculty and staff and a special gift for each child.

Chris Palmi and Carol Beebe’s literacy classes planned reading and technology activities for three- and four-year-olds from local day care providers and pre-K programs.

Choral performances by Colonial Village Elementary School, Niagara Catholic High School and Academy School #44 afforded the students an opportunity to go to college for the day with a campus tour and lunch in Clet Hall with college students. A student from the Colonial Village chorus commented that he didn’t know colleges did these kinds of things, it’s really nice they do! “This is what we are all about!” noted Dr. Debra Colley, dean of the College of Education.