NU Receives the Largest Gift in its 152-Year History

On Oct. 8, 2008, the Rev. Joseph L. Levesque, C.M., president of Niagara University, announced that the institution has received the largest gift in its 152-year history. Joined by Rochester, N.Y., businessman and philanthropist B. Thomas Golisano, Father Levesque said the Paychex founder and chairman, and Buffalo Sabres owner, has committed $10 million to support construction of a new science building that will radically alter the teaching and research environment at the university. Father Levesque said the gift, which will be applied to the university’s $80 million capital campaign, “The Promise of Niagara,” pushed the amount raised to date past the $50 million mark. Partial funding for the new interdisciplinary sciences center, estimated to cost $25 million, is included in the campaign.

B. Thomas Golisano (left), committed $10 million to Niagara University’s capital campaign, “The Promise of Niagara.” The donation will be applied toward the construction of a new science building. The building, pictured between Golisano and the Rev. Joseph L. Levesque, Niagara’s president, will be named the B. Thomas Golisano Center for Integrated Sciences.

Advance Registrations Set for November

Registration for spring 2009 will begin mid-November. Spring registration for seniors opens on Nov. 10 and 11; juniors on Nov. 12 and 13; sophomores on Nov. 17 and 18; and freshmen on Nov. 19 and 20. Each class is broken down by the number of credit hours that have been completed at the end of the fall 2008 semester. The registration breakdown is posted at www.niagara.edu/records/registration.htm. The spring 2009 course schedule is posted at www.niagara.edu/courses.

All undergraduate students must meet with their adviser prior to registration. In addition, they need to check and edit if necessary their profile which is found on their myNU page.
Food for Thought: Keeping Food Safe

Food safety is an important concern on a daily basis. As you prepare to deliver care packages to your student or to send him/her back to school with perishable food after breaks, ensure that the same amount of care is taken and attention is given to keeping these foods safe too.

Bacteria can grow without making its presence known until it’s too late. So, here are some tips from the U.S. Department of Agriculture’s Food Safety and Inspection Service to share with your student about food safety:

- Never leave perishable food out of the refrigerator for longer than two hours. If it spends more than an hour in temperatures above 90° F, toss it then, too.
- Keep hot food hot (at 140° F or above) and cold food cold (at 40° F or below). Bacteria grow rapidly between 40° F and 140° F.
- Use safely refrigerated food in three to four days; frozen leftovers in one to two months.
- Thaw frozen meats in the refrigerator, not out on the counter.
- Wash your hands before and after prepping foods.
- Wash used cutting boards and utensils in hot, soapy water.
- When microwaving foods, don’t use margarine tubs, take-out containers, whipped topping bowls and other one-time use containers, as they can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper and white microwave-safe paper towels should be safe to use.
- Don’t let plastic wrap touch foods during microwaving.
- Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave.

- Remove food from packaging before defrosting it in the microwave. Don’t use foam trays and plastic wraps; melting or warping may cause harmful chemicals to migrate into food.
- Cook meat, poultry, egg casseroles and fish immediately after defrosting in the microwave oven because some areas of the frozen food may begin to cook during the defrosting time. Do not hold partially cooked food to cook later.
- To keep foods like soup, chili and stew hot, use an insulated container. Fill it with boiling water, let it stand for a few minutes, empty and then put in the hot food. Keep the insulated container closed and the food should stay hot (140° F or above) for several hours.
- When carrying cold perishable food like raw hamburger patties, sausages and chicken, use an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water. For transport, cooked foods should be divided into shallow containers and cooled in the refrigerator prior to the trip. Place foods in an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water — or freeze the foods prior to the trip. Just be sure to refrigerate it as soon as you arrive.

Source: www.fsis.usda.gov/Fact_Sheets/Food_Safety_Tips_for_College_Students/

Safe As Is
Foods that don’t need refrigeration or careful packaging, according to the USDA, include:
- dehydrated foods
- beef jerky and other dried meats
- dried noodles and soups
- peanut butter in plastic jars
- canned ham, chicken, beef and tuna
- concentrated juice boxes
- dried fruits and nuts
- powdered milk and fruit drinks
Food Safety at Niagara

Hospitality services at Niagara University has instituted several food safety measures exceeding the requirements of the Niagara County and New York state food safety regulations, (NC/NYS requirements).

- All food temperatures are taken every 30 minutes.
- Hot food that registers at 140° (135°) F or lower, is immediately removed from service. Corrective action is taken and recorded on temperature logs. This information is kept on premise for a minimum of one year.
- Cold food that registers at 41° (45°) F or higher is immediately removed from service. Corrective action is taken and recorded on temperature logs. This information is kept on premise for a minimum of one year.
- All managers and supervisors are SERV-SAFE certified, as is the entire production staff in Clet Hall. All employees of hospitality services from cook to utility positions go through this national food safety program. This class is held each fall and each spring for all new employees hired since the previous class. This is not required in Niagara County.
- All refrigeration/freezer equipment is checked for proper temperature a minimum of once per day, with the logs being held for a minimum of one year.
- Food safety and physical safety inspections are completed a minimum of once per month for all food service operations on the Niagara University campus.
- All food operations are inspected twice a year by the Niagara County Health Department, and at least once per year by the NSF, which is an independent national food safety agency. All inspections are unannounced.
- Mark McKibbin, operations manager, is a certified instructor of the NSF SERV-SAFE Program

Hospitality services is also a participant in the Niagara County Heart Healthy Menu Program. This program recognizes food establishments that use trans-fat free oils, dressings, margarines, in the preparation of menu food products.

November is American Indian Heritage Month. Take some time to remember all that Native Americans have contributed to U.S. culture this month — and beyond!

American Indian Proverbs

There are plenty of proverbs that can really make us think — people often tend to identify with these sayings. Get a book of Native American proverbs like Guy A. Zona’s “The Soul Would Have No Rainbow if the Eyes Had No Tears and Other Native American Proverbs” (1994) and find proverbs such as:

- “Don’t let yesterday use up too much of today.” — Cherokee proverb
- “Everyone who is successful must have dreamed of something.” — Maricopa proverb
- “Knowledge that is not used is abused.” — Cree proverb
- “If you see no reason for giving thanks, the fault lies within yourself.” — Minquass proverb
- “We will be known forever by the tracks we leave.” — Dakota proverb

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Notable Niagarans

Dr. Tom Chambers, associate professor of history, hosted the program committee in August for the upcoming Seven Years War conference to be held at Niagara University and Brock University, Oct. 22 – 24, 2009. Present were scholars from The College of William and Mary, University of Akron, and Brock University. For more information, go to: http://oieabc.wm.edu/conferences/contest/preview.html.

Dr. William Cliff, associate professor of biology, was invited by the Division of Gastroenterology, Hepatology, and Nutrition at UB School of Medicine and Biomedical Sciences to lead the gastroenterology grand rounds on Sept. 11. His talk was entitled, “Case-Based Learning. What Is Best Practice?”

Dr. Janet Gane, adjunct professor in the College of Arts and Sciences, has joined the American Screenwriters Association. She is a member of the Screen Actors Guild and the American Federation of Television and Radio Artists. Gane worked for Orion, Warner Brothers, Twentieth Century Fox, and network television for several years in addition to writing and developing children’s programming for PBS affiliates KCET and WNED. She has also worked with media industry pioneers Harvey Weinstein and Aaron Spelling, and with companies like Edgar J. Scherick & Associates, the Gary Group, and the Scotti Brothers.

Gane is currently developing an extensive animation series with toy, book and merchandise components. This project has already received the Film Advisory Board Award of Excellence and the American Federation of Pen Women award.

Dr. Bernadette Peters, assistant director/psychologist in counseling services, and Monica Romeo, LMHC, counselor in counseling services, participated in QPR facilitator training on Sept. 5. The pair took part in a daylong training to become certified gatekeeper instructors for the QPR Institute. QPR stands for Question, Persuade, and Refer, three simple steps that anyone can learn to help save a life from suicide.

Just as people trained in CPR help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone for help. NU counseling services is now offering this training to the university’s faculty, staff and students, as well as to members of the surrounding community. If you are interested in receiving the gatekeeper training, or would like further information regarding QPR, please contact counseling services at ext. 8536.

Sharon Green, reading coordinator in the learning center, had a “My View” published in the Buffalo News on Aug. 10, 2008. Titled “Making a Difference in the Lives of Others,” it read in part: “Rural Uganda’s many problems tugged at my heart, but as a parent, Zakalia’s and Teopista’s smiles spoke most loudly to me.

“My own children had parents to shepherd them into adulthood. When they wanted water, they turned on a faucet. When they got sick, we drove them to a doctor. When they needed glasses, we bought them. When we worked, they enjoyed well-staffed child care centers full of toys. As they attended free public schools, they did their homework in a heated house with lights.”

To read the complete column, log on to: www.buffalonews.com/opinion/myview/story/411436.html.

Mark R. Marino, senior lecturer of mathematics, published and presented a research paper at the sixth International Conference on Education and Information Systems, Technologies and Applications in Orlando, Fla. His paper was published in the second International Multi-Conference on Society, Cybernetics and Informatics Proceedings.

Marino was also co-chair of the conference track on applications of information and communication technologies in education and training. In this role, he worked with colleagues from countries around the world including Finland, France, Germany, Japan and the United States.

Jamie Pimlott, assistant professor of political science, has been named director of the prelaw program. According to Pimlott, there are several forums in the works for students this fall, including one on social networking and the law with Niagara’s legal counsel, Stephanie Cole, and another that looks at the Supreme Court docket with John DelMonte, a practicing attorney and adjunct professor in the department of political science. Pimlott is also planning to take a group of students from the prelaw student association to the Law School Council Forum in Chicago.

Dr. Joseph Little, assistant professor of English, and Lisa Kabasin, an English major, co-authored a paper that has been selected for publication in the referred collection, The Responsibilities of Rhetoric, forthcoming from Waveland Press. The article contrasts the function of analogy in Sigmund Freud’s 1909 Clark University lectures with the theoretical work of physicists Hantaro Nagaoka and George Gamow to illustrate the value of approaching analogical reasoning by way of two new concepts: generativity and constraint.

Dr. Thomas J. Sheeran, professor of education and Lewiston Town Justice, has been appointed to a five-year term on the New York State Unified Court System’s Advisory Committee on Judicial Ethics. He has also been named to the senior faculty of the state’s Judicial Institute, teaching courses on judicial ethics.
Financing an Education During Tough Economic Times

The Office of Financial Aid reminds parents during these difficult economic times about the various financing options available at Niagara University. This information is available on our Web site at www.niagara.edu/financialaid and was also included with your student’s financial aid award letter.

First, NU offers an interest-free payment plan that allows each semester’s cost to be paid in five installments at a nominal charge. Information, including a downloadable application is available at www.niagara.edu/accounts.

Second, the Federal PLUS Loan program is available to parents and stepparents of dependent undergraduate students. Parents may borrow an amount up to the cost of attendance per student less other aid received. The loan offers a fixed interest rate of 8.5.

New this year, for PLUS loans made to parents that are first disbursed on or after July 1, 2008, parents have the option of beginning repayment either 60 days after the loan is fully disbursed or not until six months after the dependent student on whose behalf the parent borrowed ceases to be enrolled on at least a half-time basis. Parents can opt to pay interest only during the deferment period either monthly or quarterly, or have it capitalized (added to principal) and make no payments during the deferment period.

The allowance of a deferment on Federal PLUS loans is new and may make this loan more attractive to parents.

Also be advised that dependent undergraduate students whose parents are denied a Federal PLUS loan are eligible to borrow additional Unsubsidized Federal Stafford Loans. Please contact the financial aid office for more information about this process.

Proof of the PLUS denial is required by federal regulations.

If you’re interested in a Federal PLUS Loan, please visit the financial aid Web site at www.niagara.edu/financialaid/preferredlenders.htm or call the financial aid office at 716-286-8686 for a list of lenders and borrower information. Remember, you have the right to select any lender you choose and you are not required to use any of the lenders on our list and will suffer no penalty for choosing a lender that is not on our list. NU will certify a loan with ANY lender you choose.

A third option for some families is to borrow a private alternative student loan. Information about these loan programs is also available on the financial aid Web site. Borrowers have the right and ability to select the education loan provider of their choice.

Lenders look at the borrower’s credit score to determine approval for private student loans. If you would like to compare terms and conditions of private student loans, you can go to NU’s Web site or to http://studentloanlistings.com.

Finally, remember to contact the NU financial aid office in the event of special circumstances that may have changed your income since filing the Free Application for Federal Student Aid. After speaking with a financial aid counselor you may be asked to submit a special circumstances form to provide updated income information which can be used to determine if the student has additional financial aid eligibility for this current year.

As always, please do not hesitate to contact the financial aid office if you have any questions or concerns about these programs or financial aid in general. Call us at 716-286-8686 or e-mail us at finaid@niagara.edu.

REGISTRATION, continued

Sometimes students are not able to register. This could be due to having an outstanding account, missing some financial aid paperwork, non-compliance with health services regulations and/or having an incomplete admissions folder. In these cases, the student’s record has a “hold” put up and notification of a “hold” is e-mailed to them at their NU e-mail account and is displayed on their myNU. It is the responsibility of the student to contact the office which put up the hold and submit what is necessary to have the hold lifted. Offices have started posting hold codes and the codes are removed as soon as the student becomes compliant.

For your student to have the best opportunity for course selection, please remind and encourage him/her to see his/her adviser, edit his/her profile and take care of hold codes to ensure that he/she can register at the appointed time.
As winter approaches, you may be noticing your student going through a change. Does he/she lack energy, seem sluggish, socially withdrawn, less interest in work or activities, sleeping more? This can often be attributed to seasonal affective disorder, a form of depression that occurs in relation to the seasons, most commonly beginning in winter.

This is more than “cabin fever” — SAD sufferers exhibit symptoms of depression profound enough to affect school, work and their relationships. It can sometimes progress to major depression while in others, the symptoms resolve themselves with the change of seasons.

Who Suffers from SAD?
SAD generally begins in adolescence or early adulthood. It occurs more frequently in women than in men. Evidence suggests that SAD is more frequent among people who live further from the equator. And, while winter onset SAD is most common, there is also a less common form that comes about in spring or summer.

Possible Causes
The specific causes of SAD are unknown, but there are several possibilities:

- It is possible that the reduced level of sunlight in the fall and winter disrupts the circadian rhythm. Disturbances in the body’s sleep/wake regulations may cause depression.
- The body’s production of melatonin increases during the winter months. Melatonin has been linked to depression, and an excess of this hormone may be a factor.
- Reduced sunlight can also cause a drop in serotonin, the brain chemical that affects mood. This can also lead to depression.

Diagnosis
SAD is generally diagnosed as a subtype of depression or bipolar disorder. Usually, SAD will be diagnosed if:

- The person has experienced the symptoms of depression for two years or more, but only during a certain season.
- These periods of depression are followed by periods of non-depression.
- There are no other explanations for the change in mood or behavior (substance abuse, increased stress or problems, physical illness, etc.).

Treatment Options
Some of the treatment options available to people with SAD include:

- Antidepressants
- Talk therapy
- Spending more time outdoors or near a window at home, school or work
- Light therapy using a special lamp to mimic the spectrum of light from the sun. This is often the main treatment for people with SAD. They’ll sit a few feet from one of these specialized lamps so they are exposed to very bright light, which mimics outdoor light and causes a biochemical change in the brain that will lift their moods.

As with any mental health concern, people with SAD need professional help. If your student seems to be experiencing any of the symptoms above, encourage him/her to seek out a campus counselor’s expertise.


Based on research by Jessica Polledri, PaperClip Communications

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**Symptoms of Winter Onset SAD**

- Depression with the onset of fall or winter
- Lack of energy
- Decreased interest in work or significant activities
- Increased appetite and weight gain
- Carbohydrate cravings
- Increased sleep and excessive daytime sleepiness
- Social withdrawal
- Afternoon slumps with decreased energy and concentration
- Slow, sluggish, lethargic movement
The Hookah Hook

Hookahs, or water pipes, that are popular in the Middle East, North Africa, and Central and South Asia, are now finding a place among students in the United States. A recent study at the University of Pittsburgh School of Medicine — the first random sample study of U.S. students focused on hookah smoking — found that 41 percent of the 647 students surveyed had smoked tobacco from a hookah. And 78.8 percent of that group thought hookah smoking was less addictive than cigarettes.

In the same study, 39.6 percent of students had smoked cigarettes at least once. And 35.4 percent of students who smoked tobacco in a hookah had never smoked cigarettes.

That has researchers concerned.

“There’s an overlap in a lot of people (who have smoked both) but there were over a third of the people smoking water pipes who would otherwise have never touched a cigarette… “(Hookahs) are reaching a group of young people who otherwise would have been nicotine- and tobacco-naive …. We don’t really know what the implication of that is. Some people might say that it wouldn’t make a difference: Somebody who is exposed to a few water pipe sessions, that might not change their risk of later using tobacco products. But I think there are a lot of researchers who would be concerned and say that even intermittent exposure at this age to nicotine and tobacco will increase their likelihood of becoming addicted to nicotine and continuing to do the same.”

Shisha, the hookah tobacco that is often flavored with molasses, dried fruit or honey, is often thought to be less harmful than cigarette tobacco. This isn’t the case, according to the American Cancer Society. On its Web site, it says, “Hookahs are marketed as being a safe alternative to cigarettes. This claim is false. The water does not filter out many of the toxins. In fact, hookah smoke has been shown to contain concentrations of toxins, such as carbon monoxide, nicotine, ‘tar’ and heavy metals, that are as high or higher than are seen with cigarette smoke.”

Source: Chicago Sun-Times, 9/7/08; American Cancer Society, www.cancer.org

The Annual Great American Smokeout

This American Cancer Society event is scheduled for Nov. 20, 2008. Find out more at www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp.

Hookah Facts

- Also called narghile (nar-guh-lee) smoking
- Involves burning a tobacco mixture that has been mixed with flavors such as honey, molasses or dried fruit in a water pipe and inhaling the flavored smoke through a long hose
- Charcoal is usually used to heat the tobacco mixture, known as shisha
- Hookah smoking is often a social event which allows the smokers to spend time together and talk as they pass the pipe around

Source: American Cancer Society, www.cancer.org
Six Ways to Encourage Your Student to Stay Abreast of World News

It’s so easy to get caught up in the campus bubble when you live on campus! You can help your student stay in touch with the world through these simple methods:

1. Send an e-mail newswire with selected clips each week. This is easier than you think. All you need to do is complete a quick search on the Internet for the top news stories of the week. Then, you can either scan the articles briefly and provide a quick synopsis with the link to the full story or just include the headline with the link. Put three or four stories in one e-mail and send it along.

2. Surprise your student with a magazine subscription. Get a magazine subscription to Time or Newsweek for your student. Although it can be tough for students to find time to read “extras” during the school year, it’s important! Even a quick scan is better than not knowing about anything.

3. Create an Internet scavenger hunt. Find some interesting news articles on a variety of Web sites. Challenge your student to find answers to a list of questions about these articles. You can even set it up so he/she can complete it with friends. Tell your student you’ll even provide the winner with a surprise treat in the mail!

4. Plan a conversation dinner. If you live close to campus, invite your student and some of his/her friends home for dinner and discuss a topic in the news. If you don’t live close, offer to provide the funds for the group to go out for a meal, as long as they promise to discuss current events.

5. Send news clippings. Whether it’s something from your hometown paper or the Boston Globe, get your student reading — and learning — by cutting out interesting articles and sending them every few weeks.

6. Listen and share together. Plan to listen to National Public Radio or download a podcast on an important topic and then discuss what you heard afterwards. You can even “share” coffee and doughnuts from afar by both planning to purchase some good treats before you get on the phone together.

Seasonal Student Issues

There’s a seasonal ebb and flow when it comes to student issues. Here’s some things your student may be experiencing in November:

- Roommate problems and floor tension.
- Academic pressures due to procrastination, workload and lack of ability.
- Not feeling like they have the stamina to keep up the pace through finals.
- Job search stress for holiday break.
- Burnout.
- Problems from increased alcohol consumption.
- Lack of initiative to find new friends or activities because it seems social groups are already set up.
- Concerns about going home at Thanksgiving time — whether it’s concern about seeing changes among old friends, how things will be with family members, or dealing with a romantic relationship.

Thanksgiving recess begins after the last class on Tuesday, Nov. 25. Classes resume Monday, Dec. 1. Enjoy the holiday!