

*A weekly newsletter with news and information
for Niagara County Community College Students
For the Week of September 11, 2023*



**THE
Weekly Wolf**
INFORMATION FOR THE STUDENTS OF NCCC

Drop/Delete Deadline for Fall 2023 Courses:

The deadline to drop/delete Fall 2023 full-term courses is Sunday, September 17. Courses dropped on or before this date will not appear on your transcript/schedule. However, please be aware that you may incur financial liabilities. Click here for more details.

To drop a class yourself by logging into Banner Web:

- Click on "Registration"
- Click on "Register for Classes" and select term
- On the Registration menu, click on "Register for Classes" and select the term
- Click on "Panels" in the bottom left corner.
- A list of registered courses will appear in the Summary section. To drop a course, choose "Web Drop" or "Web drop during

Penalty Period" from the drop-down next to the course you want to drop.

- Click "Submit Changes"

To request a course be dropped by the Enrollment Center:

- Log into [Banner Web](#), click on Registration, Withdraw from a Class, or
- Click [here](#) to Drop or Withdraw From a Class, or
- Contact the Enrollment Center via TWolve's email at records@niagaracc.suny.edu.

If you have questions about dropping a course, please contact the Student Success Center at 716-614-6290 or email studentsuccess@niagaracc.suny.edu.

If you choose to drop a course after September 17, the course will remain on your transcript and a "W" grade will be assigned.

Modular courses differ in deadlines. Please go to the Student Calendar and click on Modular Class Dates for detailed information.
Enrollment Center

Wolf Packed: Opt Out Period Extended

Working with our partner Barnes & Noble, the Wolf Packed opt out period for fall 2023 is extended to Wednesday, September 13th. To initiate the opt out process, use the link below.

<https://sso.bncollege.com/bes-sp/bessso/saml/niagaraccsunyedu/fdcopt/logon>

Reminders:

- Individual course opt out is not available.
- Once opted out, you will be responsible for purchasing all required course materials from the NCCC bookstore: <https://niagaracc.bncollege.com/> or <https://niagara culinaryinstitute.bncollege.com/>
- If you opt out after you have picked up printed course materials, you have 48 hours to return materials. If you do not return materials, Wolf Packed charges will remain on your student account.

For more information about the program visit <https://www.niagaracc.suny.edu/academics/wolfpacked/>
Cashier's Office

Student Calendar: Keep active either on or off campus, these links take you to what's happening at NCCC!

<https://www.niagaracc.suny.edu/studentcalendar/> and Athletics <https://ncccathletics.com/landing/index>

Student Success Center:

If you are looking for help with success coaching, career or job information, internships, setting up course schedules, study abroad, transferring to a 4-year college, or have a random concern that needs attention, you are in the right place.

Call, email, or drop by and we will make sure your needs are met. We truly look forward to working with you! We wish you the best this semester and beyond. Contact information: Phone: 716-614-6290, Email: ssc@niagaracc.suny.edu or stop by D-102 (within the Learning Commons next to the Commons Café)

Career and Transfer Services: Week of 9/11/2023-9/15/2023

EMPLOYER RECRUITMENT SCHEDULE:

9/12/2023 – Niagara Hospice – 11-1pm – Learning Commons

9/13/2023 – CSL Plasma – 10-2pm – Learning Commons

9/14/2023- Intandem – 12pm-2pm – Learning Commons

TRANSFER SCHOOL SCHEDULE:

9/11/2023 – Niagara University - 10:30-1:00pm – Learning Commons

9/12/2023 – SUNY Empire - 10-2pm – Learning commons

9/13/2023- Niagara University 11-1:30pm – Niagara Falls Culinary Institute

Kate Murphy, Career & Transfer Services Program Administrator, Student Success Center, Learning Commons

Henrietta G. Lewis Library:

The Library not only has abundant scholarly resources, but three floors of study areas and computers with printing access. Visit the website for the current hours: <https://libguides.niagaracc.suny.edu/welcome>

New Titles Through Films on Demand:



Almost 80 new titles were added to the Lewis Library's Films On Demand database last month. View the additions through this link: <https://niagaracc.idm.oclc.org/login?url=https://fod.infobase.com/PortalPlaylists.aspx?wID=103836&m=8&y=2023>

Highlights include:

- **Rock Hudson: All that Heaven Allowed.** HBO, 2023. This intimate portrait of actor Rock Hudson celebrates his enduring legacy as a cinema icon who helped change the public perception of AIDS. Rock Hudson: All That Heaven Allowed explores the story of a man living a double life — one whose public persona was carefully manufactured by his handlers and orchestrated by the studio system who feared the potential career-ending discovery that he was privately living as a gay man
- **Inhabitants.** Filmhub, 2022. This film follows five Native American communities as they restore their traditional land management practices in the face of a changing climate.
- **The Healing.** Escapade Media, 2021. This film explores a life-saving equine welfare program that brings traumatized ex-racehorses and traumatized veterans together to help heal each other. Set against the stunning backdrop of country Australia, it is an inspiring journey of recovery that immerses us in the emotional drama of two very different worlds.

To view these titles and many more, check out the new releases!

Jean Linn, Technical Services Librarian & Archivist & Chair of the Henrietta G. Lewis Library

Alliance Niagara Federal Credit Union:

WELCOME TO A NEW SEMESTER!

We, the staff of Alliance Niagara Federal Credit Union welcome you all to join. The benefits of membership are plenty!

We are located on campus Room G-146!

Need to cash a check – if you have an account – no worries!

Need an ATM – even if you don't have an account – no worries!

Need to get change for a \$20 – no worries!

Need to see your account on line – no worries! Need to get a check to pay a bill – no worries!

Just need someone to explain banking to you – no worries! Join the credit union today for all your banking needs!!

Nancy E Sweeney, Business Manager, Alliance Niagara FCU

Dining Services:

College Association is excited to open the Commons Café (replacing Tim Hortons). We will feature premium coffee from Buffalo Coffee Roastery and bake goods from Tops at an extremely affordable price! Please come down to say "Hi!" to Sam.

Commons Café operating hours will be: Sunday from 11:30 am to 2:30 pm, Monday thru Thursday from 7:30 am to 6 pm and Friday from 7:30 am to 2 pm

Dining Commons will be open from 8:30 am to 7 pm on Monday thru Friday and from 11:30 am to 2:30 pm on Saturday

This Week Specials:

	Lunch	Soup of the day
Monday	Poutine	Italian wedding
Tuesday	Greek grilled chicken wrap	Cream of potato & bacon
Wednesday	Chicken broccoli alfredo	Brown and wild rice
Thursday	Meatball sub	Sweet pepper & beef
Friday	Big BBQ burger	Pasta Fagioli

Pizza of the week: Broccoli & Cheese

STALL STREET JOURNAL

VOLUME 23, ISSUE 40 FALL 2023

Tuesday, Sept. 12th

GROCERY BINGO

Wednesday, September 12th | 6:30 |
Student Housing Village Café



WIN FREE GROCERIES

Thursday, Sept. 14th

Service With A Slice



Sign Our Banner
in Support Of
Suicide
Prevention and
Awareness

11AM
Learning Commons
While pizza lasts

Talk to Wellness
Center and
Wellness Club!

Announcements!

PANTRY HOURS:

MONDAY: 12-2PM
TUESDAY: 12-2PM
WEDNESDAY: 11:45AM-1:45PM
THURSDAY: 12-2PM

OR ON A NEED BE BASIS STOP BY G243

For monetary donations, Scan QR Code



For Nonperishable items bring to G243

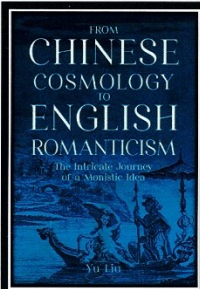
JORDAN POYER

StudentLife PRESENTS: Tuesday September 19th 7pm
Doors open at 6 NCCC Theatre



COME LISTEN TO JORDAN SHARE HIS INSPIRING STORY OF OVERCOMING ADDICTION AND HIS PATH TO RECOVERY

TICKETS CAN BE OBTAINED THROUGH EVENTBRIGHT.COM OR AT THE STUDENT LIFE OFFICE G243
ONE FREE TICKET FOR STUDENTS, FACULTY AND STAFF WITH ID
TICKETS ARE \$25 FOR PUBLIC



Join us in FRCAE
with
Professor Yu Liu to
discuss his new book

Thursday, September 21, 2023

12 noon in D104
Refreshments



FLU SHOT CLINIC

Tuesday, September 12th
Sim Debriefing Room - C 144
11:00am - 3:00pm

Open to all Students, Faculty, Staff and the Public
Bring your insurance card

Flu Shot is \$49 without Insurance
(Cash Only)

No Appointment Necessary!

Further Info from the Wellness Center: C122, Ext 6275



MENTAL HEALTH IS HEALTH.



IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT
CALL OR TEXT 988 OR CHAT 988LIFELINE.ORG

FREE TeleCounseling is also available 24/7 via <https://myspapp>

NCCC Counselors are available Monday - Friday 8am - 4pm in the Wellness Center, C122 - Ext. 6275

Additional FREE Help is available 24/7 through the SUNY Crisis Text Line: Text Got5U to 741-741

Contact the Wellness Center for more information

The Stall Street Journal is produced by the Office of Student Life (G243). If you would like to advertise your program, stop by the office of student life or email: studentlife@niagaracc.suny.edu or jlindsay@niagaracc.suny.edu
Flyers are due on the Wednesday the week prior to the event.

Wellness Center:



CAMPUS WELL

Narcan Training

The Wellness Center is working on bringing FREE Narcan Training to campus again. The tentative dates are October 2nd and/or October 3rd. Times TBD. Please contact the Wellness Center, C122, 716-614-6275 ASAP and let us know if you are interested in participating in this training and which day and times work best for you. We will make every attempt to accommodate as many people as possible.

Let's all work together to keep our community safe!! You may save someone's life! Please note: The training is approximately 1 hour. Participants will be provided with free Narcan after the session.

Just as people trained in CPR and the Heimlich Maneuver 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 to help.

Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Our next QPR Training will be on Monday, September 11th (as we begin Suicide Awareness Week) at noon in G-244, hosted by Hannah Barner and sponsored by our Wellness Center and the Office of Diversity & Equity.

Please come attend this one-hour training so that you are prepared when the life of someone you know may be imperiled by suicide.

Cheri Yager MSN, BSN, RN
Supervisor of College Nursing Services/Wellness Center
&
John D Strong, Chief Diversity & Equity Officer

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WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

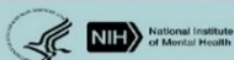


- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



nimh.nih.gov/suicideprevention

September is Suicide Awareness/Mental Health Awareness month

TeleCounseling Available for Students:

The Wellness Center is pleased to announce that we have contracted with TELUS Health (formerly LifeWorks) to provide Tele Counseling services after hours, weekends, holidays, etc. They are available for our students 24/7. The program is called My SSP. This service is FREE and CONFIDENTIAL. My SSP connects students with free, confidential professional counseling available 24/7 via app, telephone and web. Confidential, real-time virtual counseling available 24/7 via chat and phone. Students may talk with a professional counselor at their convenience through live chat or a simple phone call. Download the My SSP app and/or scan the QR code:

**Download the free
My SSP App**




The website is <https://myssp.app>





Questions may be directed to the Wellness Center, C122, at ext. 6275.

Cheri Yager MSN, BSN, RN, Supervisor College Nursing Services/Wellness Center

Athletics:

HOME SPORTS - INTRAMURALS & RECREATION -  INSIDE ATHLETICS - SCHEDULES - RECRUITS -

SCOREBOARD

Sep 13 3:00 PM	Sep 13 5:00 PM	Sep 14 6:00 PM	Sep 16 10:00 AM
 Women's Soccer AT Monroe Community College	 Men's Soccer AT Monroe Community College	 Women's Volleyball AT Erie Community College	 Women's Volleyball VS Finger Lakes Community College @ Monroe CC Region III POD

INTRAMURALS 2023-24

Zumba: Mondays 5-6PM Starting September 11th in H-115



Yahoo Pick 'Em Fantasy Football: Pick Games Weekly
\$100 GiftCard to the Season Long Winner!
League ID: 8088
Password: Thunderwolves



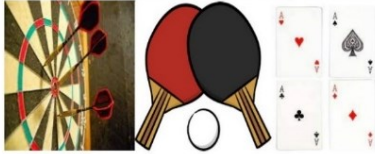
Open Gym: Mon & Wed 12-2PM Starting September 7th
Night Time: Wednesdays 7-9PM in Late October/November



Open Bowling: Monday – Thursday 12-4PM in G-145



Rec Room: Monday – Thursday 12-4PM



Rec Room – G117 A

1000 POUND CLUB



By Appointment in Fitness Center



Intramural & Recreation Department
Fall 2023

Fitness Center Hours



Monday	10am-6pm	Friday	10am-6pm
Tuesday	10am-6pm	Saturday	CLOSED
Wednesday	10am-6pm	Sunday	CLOSED
Thursday	10am-6pm		

Rec Room & Open Bowling

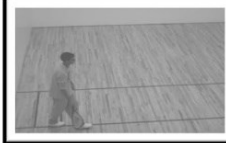


Monday-Thursday 12-4pm



Pool
Closed

Racquetball Court Hours



Monday	10am-6pm	Friday	10am-6pm
Tuesday	10am-6pm	Saturday	CLOSED
Wednesday	10am-6pm	Sunday	CLOSED
Thursday	10am-6pm		

To sign up for any Intramural-Recreation program or for information email Matthew Oleski
 mOleski@niagaracc.suny.edu

Valid ID and completed User Application at www.nccathletics.com is REQUIRED

Contact the Fitness Center by phone
 @ 716-614-6746, or stop down
 with any questions or comments that you have!

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

Contact: Matt Oleski : mOleski@niagaracc.suny.edu with questions!