



Issue 19

**November 19,
2018**

How can Niagara University improve?



**Changemakers of
Niagara: Dr. Mitchell
Alegre
p. 4**

**Professors speak out
on mental health
p. 6**

**Upcoming Coldplay
documentary
p. 9**

Fight for Life group rejected by NUSGA

By: Hugh Brown

NIAGARA UNIVERSITY, N.Y. - The "Fight for Life" group was denied club status by the Niagara University Student Government Association after Ethan De Rosa, a member of the group, presented their constitution to NUSGA at a legislative meeting on Sunday, November 11.

After presenting to NUSGA, members of the student government asked further questions about the group and their goals.

"Our club aims to make it easier for people to chose life if they wish to," said De Rosa, a representative of the club. "The official stance of the club as far as abortion is that it shouldn't happen."

The group had aimed to treat pro-life in a "multi-faceted approach," and focus on helping the people of Niagara Falls through community service.

"Anybody is welcome to join, anybody is welcome to share their beliefs," De Rosa said when asked about whether the potential club would be inclusive to pro-choice advocates.

The discussion shifted away from the group specifically and centered on whether the school shared the same ideological position as the group.

"Sex in and of itself is reserved for couples that are married," said Mati Ortiz, director of Campus Activities. "It is apparent in higher education that students grow and develop in their own ways. We as a Catholic institution do not promote that."

Several NUSGA elected officials raised questions over inclusivity with the potential club.

"We have always tried to be very respectful. There has always been an understanding that we're not here to convert anybody else, we're here to discuss" De Rosa said.

De Rosa made it clear that this was not specifically a "pro-life" club, rather something much more than that.

"There's no other Fight for Life clubs that I know," said De Rosa. "There are other pro-life clubs that we're not affiliated with. We're not here to enforce any sort of practices ... that's never come up in a meeting so far."

The group has existed through Campus Ministry since fall of last year. After the group pitched their constitution, a vote was done and the group was rejected. The club officials were told they could revise their constitution and pitch again to NUSGA in the future.

"This is the legislative process," said Cheyenne Freely, student-body president. "The legislative body voted based on the interests of the student-body and the club was not approved. They do, as any other club would, have the opportunity to bring their constitution back to a vote with changes and again the legislative process will take place."

Niagara's favorite Tim Hortons employee

By: Alize Rosado

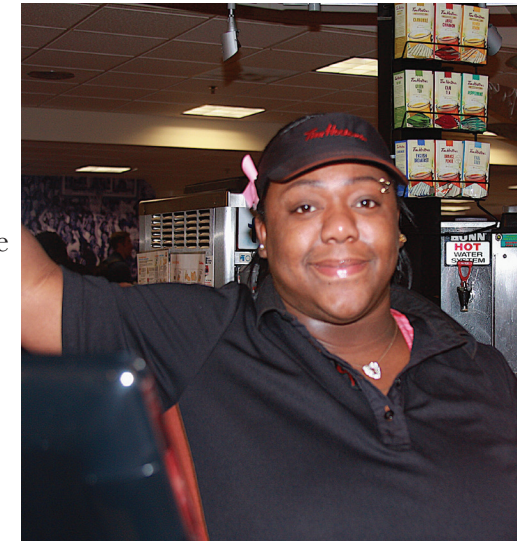
NIAGARA UNIVERSITY N.Y. - It's Monday morning. You're standing in Gally's Tim Hortons line wondering if a cup of coffee and breakfast sandwich is worth being late to class. You're starting to get a little impatient when your stream of thoughts is interrupted with "What can I get you baby?"

That voice comes from Iesha Moore, undoubtedly one of NU students' favorite Tim Hortons workers. She's the one who has your breakfast sandwich finished before you even get to the cash register to order. She keeps the line moving quickly and tries to make everyone's day a little brighter.

Iesha is 27 years-old and has been working at Niagara University for the past six years. She started working here as a second job to make some extra money. Her stepfather was already working at the Clet Dining Commons and told her he could get her in. Iesha was placed at Tim Hortons in Gally and has been working there ever since.

When she started working at Tim Hortons she didn't expect much but she soon loved the job - not because of her passion for coffee and breakfast sandwiches - but because of the students.

"I'm not even gonna lie, I didn't like the job I liked the people and the kids," said Moore.



You can tell how much she loves the students. She remembers students' regular orders and is always friendly and quick-witted with them. No matter how bad your Monday morning is going it's hard to walk out of that line without a smile.

When she's not running the Tim Hortons stand, Moore can usually be found hanging out with her friends and family. Her family is one of the most important things in her life and she spends most of her free time with her grandma, brothers or her friends, some of which are coworkers she has befriended at NU.

It's not always easy dealing with that mile-long Tim Hortons line, so next time you see her make sure to give her an extra smile because she's guaranteed to give it right back.

A closer look at abuse

By: Ava Mrozik

NIAGARA UNIVERSITY, N.Y. - There are many forms of abuse, some are all too often viewed as less serious than others; however, abuse is abuse. The question is, do you really know what abuse is? The minor signals that we may not notice immediately are, in most cases, what lead to more noticeable forms of abuse, such as physical.

The program of Family and Children's Service of Niagara and ZONTA, an empowering women's club in Niagara Falls, promote a purple flyer around campus listing the signs of the different types of abuse.

From verbal to emotional to sexual abuse and many more, there are a variety of signs for each and every type of abuse that may go unnoticed. For example, if someone is being called names and being put down in a way that is affecting their self-esteem, they may be a victim of verbal abuse. If someone is making another feel like they're crazy or is just over-reacting, this may be mental abuse. If one's significant other or a close friend is constantly checks their social media accounts and their phone or tries to keep them away from their family or other friends, they may be dealing with emotional abuse. If one's significant other is trying to control their money, they may be experiencing financial abuse. If someone feels pressured into sex, that is sexual abuse. If they physically harm or threaten their significant other, they are experiencing physical abuse.

Family and Children's Service of Niagara runs a Passage House which offers emergency services, housing support, counseling services, children's services, legal and financial assistance services and community educational services. Rather than searching the internet, the Passage House provides everything right there when you walk in.

There are 24-hour hotlines in the Niagara area whose contact is also provided on the flyer around campus. ZONTA is another source to go to for help and support. They have an open invitation to attend or participate in dinner meetings, fundraisers, and fun activities to be involved in with women who have experience abuse as well.

If you know someone experiencing any of these abusive signs, please encourage them to call the hotline (716) 299-0909 and to get help. There are also Counseling Services available on campus in the basement of Seton Hall.

Shining a light on the deaf community - one coffee at a time



www.news.starbucks.com

By: Katherine Snyder

NIAGARA UNIVERSITY, N.Y. - The Deaf community is an important part of our society, making improving our communications with them a pertinent topic. American Sign Language, also known as ASL, is the official language used to communicate among those who are deaf or hard of hearing (DHH). Recently, Starbucks opened up their first ever ASL-speaking store located in Washington D.C.

This store includes more images, as well as signs that show customers how to use ASL to order certain beverages and products. They also include an ordering tablet for those who are not fluent in ASL that are DHH. All employees that work at this location are fully fluent in ASL, as well as English so customers that are or are not DHH can go to this location. Starbucks based their location in Washington near Gallaudet University, a 150-year-old institution and the world's only university designed for deaf and hard-of-hearing students.

Such a large company promoting inclusivity of DHH customers is a huge step for both the Deaf and hearing communities. I decided to sit down with Nannette Harmon, the director of the ASL and deaf studies department here at NU, to see how she feels about this new implementation and how it is going to affect our society, as well as Deaf culture.

Harmon is D/deaf herself due to an autoimmune disease, and is fully fluent in ASL and teaches Introduction to American Sign Language and American Deaf Culture here at NU.

"The exposure that Starbucks is providing for D/deaf culture is amazing," said Harmon. "This is bringing so much press and is finally shining a light on the Deaf community. Star-

bucks is not only providing ASL, but Starbucks is respecting hearing people by providing alternatives to sign communication, including iPads to type in their order." Thus, people who don't use ASL can communicate there with no problems.

Harmon described how, as of right now, ASL on the NU campus has become one of the biggest minors students pursue.

"Every semester, we have approximately 170 students who take ASL 100, and after taking the course usually half or more will declare a minor," Harmon said. "Our program is important mostly in part that students will graduate from here knowing how to communicate and interact with those who are deaf, as we provide students with actual conversational skills to interact with them."

Despite all the amazing support and progress, she also expresses the hardships people in the DHH community face.

"The [Americans with Disabilities Act] was passed in 1990 in order to make our society equitable for people with a disability such as deafness, but sadly the community is having a hard time in their fight for accessibility," she said. "This accessibility is so important to anyone with a disability ... and people need to be more aware of the struggles they face."

Harmon emphasized that learning ASL is important for our society. The community has a long way to go in fighting for their right to accessibility, but Starbucks taking this small, yet powerful initiative is just one step closer to more chains grasping onto this concept. Harmon is very hopeful that this leap Starbucks took will create a chain reaction for other businesses, and the NU campus as a whole.

Changemakers of Niagara: Mitchell Alegre

By: Zackary Kephart



purpleeagles.com

NIAGARA UNIVERSITY, N.Y. - Adjunct Professor of Management and Leadership, Mitchell Alegre, has adopted a teaching style that just may be the way of the future.

Students who sign up for one of Alegre's classes don't buy textbooks, nor do they sit in a traditional classroom environment. Instead, students sit in a circle - to reflect a business meeting - and learn by working with local organizations.

"I used to teach in a typical classroom setting, but around nine years ago in my MGT 461 Classics and Leadership course, that all changed," said Alegre.

"Early in the semester, I gave students an assignment to choose a topic they were passionate about and present it," said Alegre. "I had two

students present on education and why it needed to change. When they finished, I said, 'I've heard enough.' They looked shocked. I said, 'I agree with you!' So from there, I scrapped the syllabus and said, 'Alright, so what are we going to do for the rest of the semester?'"

With the previous syllabus out the window, Alegre's students' presented the idea of project-based learning.

"Here, students implement the concepts and skills of what they learn and apply it to a real world problem," said Alegre. "I think one of the critical

things we need to help students with in college is ambiguity. Life is sloppy. Education from day one is structured, but then students leave and go out in the real world and experience something totally different. It's an adjustment for many students. It's real."

When asked if any particular project stands out to him, Alegre just thinks for a second before smiling and saying, "a lot," with a chuckle.

"Certain projects have won awards and community recognition," said Alegre. "Some projects are focused on campus life too, so the administration has taken many of these ideas seriously and implemented them. Community clients we work with also talk to other organizations. All of a sudden then we have these organizations wanting to work with us. I

find that taking a project-based approach is stressful for everyone. None of us know what will happen, but I'm continuously awed by the results. It seems like every semester nothing is going to get accomplished. Somehow though, it all comes together."

This type of learning goes beyond the classroom in other ways too. According to Alegre, some students have even continued their involvement in these organizations that they chose beyond graduation. Ultimately, Alegre wouldn't say he teaches. Instead, he facilitates learning communities.

"My hope is that students exit their comfort zones," said Alegre. "It's alright to make mistakes and trust those around us. If we play it safe, we only do what we know, and that doesn't lead to learning."

Alegre is currently teaching MGT 315 Leadership and Teamwork and he and his class are also working with Vice President for Mission Integration Rev. Aidan R. Rooney, C.M. on campus. He is also working on a Compassionate University project that fits in with the Compassionate Communities initiative that has been a focus for the Niagara County Coalition for Services to the Homeless.

**LEARN
To
ROW**

**AT THE WEST
SIDE ROWING
CLUB**

(716) 881-9797

Earth house digs deeper in their views

By: Katherine Snyder

NIAGARA UNIVERSITY, N.Y. - Recently, the Earth House on campus - Varsity Village house three - went a little outside of the box with a controversial and bold statement. A resident of the house, Judith Hall, read the sexual assault article that myself, Katherine Snyder, had written for Issue 17 of the Niagara Wire. She reacted to the article by writing on the house's roof "STOP SEXISM" in white chalk. Being such an out-of-the-box statement, students were drawn to the spectacle.

"We did this basically on the lines of those who react negatively to sexual assault and don't see it as a problem and generally don't know how to respond," Hall said. "The school says they care, but you really question things when they don't address it. It seems like you never actually hear about sexual assault here. We know it's not good, but it needs to be discussed. There's a huge lack - to us in the earth house - on the school taking any accountability for things like this."

Hall is hoping that change can be made in this regard, and they will continue to try to promote change not only on sexual assault but their mission as a whole, which is to improve campus life as a whole for students and faculty through eco-friendly practices.

So far this semester, the Earth House has accomplished many of their goals for the semester, which included working with Buffalo River Keeper, where they cleaned up trash along Gill Creek and also planted a tree. They also held a screening on campus called "Cowspiracy: The Sustainability Secret," which follows the journey of an environmentalist as he searches for answers

to some of America's worst environmental issues and to find a path to better sustainability. They also are trying to kickstart a new club on campus called "Food not bombs" which would help provide free vegan and vegetarian meals to those in poverty across Niagara Falls.

"Specifically we're trying to get people to think consciously about how their actions affect campus and the environment" commented Emily Broxup, another resident of the house.

In addition to all of what they have done this semester, they're hopeful in learning and tackling many more issues and projects in the spring. In particular, they are hoping to learn more about energy consumption on campus, as well as learn more sustainable practices such as composting. They're also trying to get the initiative going for all plastic containers that are distributed in Gallagher Center at Poblano's and Fusion to be recycled and repurposed. The house is also learning more about radiation in the Niagara Falls area, the now-closed Tonawanda Coke factory and Love Canal.

This semester was a test-run for the house, and they're hopefully looking to add more members and residents next semester.

They're looking forward to fighting for and making change happen on the Niagara University campus one seed at a time.



foodnotbombs.com

How to approach a service dog

By: Sarah Rance

NIAGARA UNIVERSITY, N.Y. - Students and faculty at Niagara University might have noticed a few dogs around campus. Most people's first reactions when they see a dog are to run up and pet it or squeal in delight. However, this is not the right way to act in a situation where the dog is a service animal. Service dogs that are seen out and about on campus are not like most dogs because they have a job to perform. It is important that people understand how to act around a service dog.

Robert Healy, Director of Veteran Services, believes it is important for students and faculty to know that service dogs are not pets.

"A Service Dog is working, it has undergone a lot of training to perform its duties," said Healy.

Service dogs are highly trained to help their handler. The purpose the dog serves for its handler can be a variety of different things, so it is important people do not just assume they know what that service is.

"Some of these services are apparent such as assisting seeing impaired or people in wheelchairs," said Healy. "Some are not readily apparent such as assisting with anxiety or PTSD."

Many people do not know the proper way to act around service dogs. Many people just assume they are the same as any ordinary dog and treat them as

such. This is not the case and it is important for people to learn appropriate behavior regarding service dogs.

"Don't do anything to distract the dog from its job," said Healy. "The dog is working by monitoring or assisting the handler. Distracting the dog could lead to the handler being injured or the dog becoming confused."

Another thing Healy believes is important for people to know is that the handler should always be addressed first.

"Think of the dog as an extension of the handler," said Healy. "Don't distract the dog by trying to get its attention, play or offering it food. Give the dog and the handler the space they need to move about."



By: Nikole Collins. Featuring Karl Hinterberger, Veteran Services Coordinator, pictured with Gunner.

Professors speak out on mental health

By: Brittany Rosso

"I fear our profession has lost some of the humanity it used to have." - Survey Participant.

NIAGARA UNIVERSITY, N.Y. - In an anonymous survey, professors had the chance to share their opinions towards faculty mental health first-aid training. Out of approximately 100 recipients of the survey, 35 chose to respond. Areas that were considered when developing this survey focused on professors' ability to respond to mental health emergencies in the classroom; a case where they may be unable to get the student to counseling services. Other areas included investigating how they view their role in student mental health and their opinions about getting mental health training on campus. Here's what they had to say.

When asked if they feel that it is part of their responsibility to handle student-mental health issues, 32 of 35 said "yes," while two others voted "no." This is an important area to consider when investigating how mental health first-aid is handled on college campuses. Some professors may feel that mental health first-aid should be kept strictly to counseling services, and wish to not have any involvement in handling such situations.

While investigating how able and prepared Niagara University professors feel to handle such situations, I found many interesting results. Out of 35 professors, 15 said that they have encountered a situation where a student was in a state of emergency or presented that they needed mental health assistance in the classroom. Although some chose to respond "not applicable" or skip answering the question, 11 professors felt able to safely and correctly handle the situation and assist the student. However, four did not. Though the majority voted "yes," it is important to consider how we as a community can and should improve towards making sure all of our faculty and staff are able to respond "yes" to this question.

Later in the survey, only five out of 35 professors voted that they felt "very well prepared" to handle situations without mental health preparedness training. Meanwhile, 22 voted that they feel "able, but that training would be helpful," and the remaining seven voted that they felt "uncomfortable, not prepared or concerned" about handling these types of situations. Similarly, when asked how important they consider faculty-student mental health training sessions, 32 voted either "very important" or "valuable and helpful if they were available," while two voted "not important."

When asked if they think that NU should provide an opportunity for faculty and staff to undergo mental health first-aid preparedness training sessions, 34 of 35 voted "yes," with 32 of 34 also willing to participate in them.

At the end of the survey, I also discovered that only 12 of 35 professors have ever been through a training where they were exposed to things such as warning signs, how to suggest help and first aid care.

Lets face it. This is a problem that we need to further investigate and change.

Mental health concerns are on the rise with a heavy effect on college campuses across the United States. Most importantly, several instances occur in the classroom or during professors' office hours, where the issues are often noticed - under professor supervision - in the students day-to-day performances or perhaps in their grades.

Noticing warning signs and understanding how to suggest help are crucial first steps in the first aid process. That is where we need to start improving our preparedness precautions.

Listen up Niagara, its time to act now to make changes. Lets not just be another University that contributes to the statistics of rising mental-health problems on college campuses.

The face of a disorder

By: Anonymous

NIAGARA UNIVERSITY, N.Y. - What does somebody with an eating disorder look like? What does an eating disorder look like? A lot of people think of a teenage female frantically jogging in place as she stands in front of the mirror measuring her waist...and boy, is that far from the truth.

I have been living with an eating disorder for years now, seven years to be exact. And I am just beginning to take the steps to recovery. It all started when I was younger and I could never keep up with the other kids in my class. According to the label on my pants, I was husky, though that wasn't the word they would use to describe me. Fatty, tub of lard, McDonalds and big belly are just a few nicknames that come to mind. Due to all of the constant bullying, I began to think that nobody wanted to be my friend because of the way I looked.

So that's when my hatred towards food began. I began to skip out on lunch, or push food around my plate. I started to develop strange and horrible ways to hide the fact that I wasn't eating. I began to run a lot and randomly do push-ups until I felt light headed throughout the day. I lost 40 pounds in one summer and I didn't stop there.

The problem with eating disorders is that they build upon themselves and feed off of the positive compliments one receives. Everybody around me was telling me how proud they were, and how I looked so great. Because of this, those with eating disorders tend to suffer when nobody is looking, the struggle is invisible and it stays that way until we make a decision to get help. We live in a society where

weight loss is often glamorized. This can be blamed on the media, on the fact that these "beautifully skinny model" stereotypes and "ripped action hero" idealisms are pushed upon us regularly through film, advertisements, etc.

To look at yourself and truly hate what you see is a horrible feeling that nobody should have to live with. I knew that if I kept doing the things I was doing, I would become increasingly sick, and I knew I had to make a change. I never got better, I just got "smarter." I became obsessive with nutrition, I designed meals so that I only got the bare essentials, and I still worked out every day, getting to a point where running seven plus miles after school was a regular task. This is a newly diagnosed disorder that is being referred to as orthorexia. Though it was much safer than the alternative, I was still depriving my body of the nutrition and more importantly the love it not only needed, but deserved.

I am currently in recovery. I eat three-ish meals a day and I try to workout when I can. I go to class, I study hard, I hang out with friends and go on adventures. Everyday brings a new challenge, and everyday brings a new sense of pride when I overcome that obstacle which constantly hangs over my head. What does someone with an eating disorder look like? Well, being a 20 year old male... I think it's safe to say, you never really know who else is struggling.

For more information visit...

www.nationaleatingdisorders.org

<http://mengetedstoo.com>

Wire staff analyzes general education requirements

By: Niagara Wire Staff

NIAGARA UNIVERSITY, N.Y. – Niagara University prides itself on pursuing the Vincentian mission of service and the education of its students so they too will lend a hand in service. This well-rounded education is intended to be received through general education requirements. Two of the primary foci of Gen Eds are three semesters of both religion and philosophy courses, which seem to be the most grueling tasks for students to complete. A few members of our staff here at the Niagara Wire have given their analyses of NU's Gen Ed requirements.

The general education requirements here at NU are too strict. Three philosophy and three religion courses are excessive. This is not to say religion and philosophy courses should not be in the general education curriculum at all, rather that the number required should be lowered. Even if this number is lowered to two each, it provides students with two more free elective slots. This is important because it gives students the opportunity to explore classes outside of their major. I think that students can be sufficiently exposed to religion and philosophy without having them take up six course slots.

- Sarah Rance

Going to a school that requires three religions and three philosophies is difficult, there is no doubt about it. However, people need to learn to play the hand they are dealt, we need to realize that we are lucky that we go to a school like Niagara in the first place, and a few extra classes is a small (but not really) price to pay. For example, I took an Islam course that changed my perspective on how things were in our political climate. Since completing my required three philosophies, I've decided to pursue it as a minor as well.

- Liam Cuddy

Does the general requirement of three religion and philosophy courses stretch a bit far? I feel as though two courses for each would be sufficient. Although this means only two less courses, that is still an opportunity to fill our minors and majors faster. Yes, Niagara University is a private, Catholic institution, that students "chose to attend." However, I think it's important to consider that not all students had a real choice in colleges, and for some Niagara was their only option due to provided financial opportunities. Decreasing the amount of religion and philosophy courses would benefit students in reaching their goals faster, and to stay more motivated with their academic majors.

- Brittany Rosso

General education requirements are the dentist appointments of your schedule: you don't want to go to them, but you have to. The difference being that the dentist keeps you healthy while Gen Eds often induce unnecessary stress. The religion courses are especially egregious. Religion is a major part of human history and deserves to be taught largely as a history course. It also deserves an objective approach; having priests teach about something they've dedicated their lives to does not help students who don't believe in Christianity. We pay a substantial amount for our classes, we should be able to take what we want, not spend so much time on a single worldview.

- Hugh Brown

Excelsior Program opens alternate avenues for affordable education

By: Hugh Brown

NIAGARA UNIVERSITY, N.Y. - The Excelsior Program is a large, state-funded scholarship that helps send residents of New York State to public college, specifically SUNY schools. The Excelsior program has recently come into effect, and has already drastically impacted enrollment numbers at Niagara University and Canisius College.

The NU administration has recently responded to Excelsior by changing their financial aid programs to match the criteria of the program. Critics of Excelsior point out that it is unfair for the state government to come in and implement this program as it has had a severe impact on enrollment at private colleges and universities. The Higher Education Opportunity Program (HEOP) aids students get into private colleges. The state supplies schools like NU with funds to provide aid to applicable students. With Excelsior, there is less money in the state budget to give to HEOP. Instead of students going to schools like NU or Canisius, their financial options limit them to go to SUNY state schools to get an education.

HEOP and NUOP, the Niagara University Opportunities Program, are both severely threatened by Excelsior.

Critics are also calling out the vagueness in the rules of who does and does not qualify to receive Excelsior.

Excelsior is an amazing opportunity for students and to shame it is a problem. With education becoming increasingly difficult for students to obtain, it's not the time for administrators to criticize it so harshly. NU specifically has seemed to struggle, as a large part of their appeal to students was affordability. Prior to Excelsior, it wasn't uncommon for it to cost some students less to go to NU than it was to go to a SUNY school.

To criticize the state government for trying to provide people with the opportunity of affordable education is, quite frankly, elitist. Just because there is another viable option for education that is different than the one you provide does not make it a bad thing. While NU is not given as much money to send students to their school, Excelsior is an unnecessary battle for NU to fight.

NU administration should stop worrying about getting subsidies and instead focus on improving our own school. This is not a concern of public versus private school or low enrollment rates. NU is fixating on the negative effects of Excelsior rather than solely focusing on finding solutions to its own problems.

On or off campus: the price of freedom

By: Alize Rosado

NIAGARA UNIVERSITY, N.Y. - One of the things freshmen look forward to most is their chance to live in the off-campus apartments. It is the perfect chance for students to have some freedoms, while remaining close to school. However, for some students, living in the off-campus apartments can be more of an inconvenience than an amenity.

One of the issues with the classification of the apartments is that they are considered off-campus, even though they remain within the NU vicinity. Thus, the question arises should the off-campus apartments be considered on-campus?

While the off-campus apartments appear to be isolated, they still have to comply with campus rules. Students fall under the jurisdiction of Campus Safety and University policies, and their apartments have to comply with Niagara University rules. Students can have their apartments investigated by Community Advisors, which is not something that students would have to subject themselves to if they truly lived off-campus.

Additionally, students who do not have cars are placed in a difficult situation. There are no true places to buy reasonably priced groceries on campus, and paying for a full meal plan on top of paying fees for the apartment are not comparable to prices that students would encounter when living off-campus. Yes, there is a shuttle that is offered once a week for students to go off-campus stores, but if it does not correspond with students' schedules, they have to rely on the food that NU offers. However, this means that students will be paying more money out of pocket than they would if they were traveling to grocery stores off-campus.

Interestingly, the Varsity Village apartments have freedoms similar to the off-campus apartments, but they are given the option for a comparable meal plan and housing fees. This is an option that would be possible to consider instilling for the apartments because it could open up more affordable avenues for students.

Do you think the off-campus apartments should be considered part of campus, or should they truly be considered "off-campus" and give students the full freedoms that come with it?

How can Niagara University improve?

By: Ava Mrozik

NIAGARA UNIVERSITY, N.Y. - Delta Epsilon Sigma organized a panel discussion on Nov. 7 addressing how Niagara University can improve both socially and academically. The meeting began with a short explanation from each panel member of how they thought NU could make improvements. The panel members for the discussion were Jason Jakubowski, Cheyenne Freely, Dr. Thomas Chambers and Dr. Patrick Tutka.

Chambers and Tutka suggested to students to keep attending events such as sports games, clubs, etc. and also, to expand our knowledge by taking more challenging courses, rather than the 'easy A' classes. Chambers explained how it's important to challenge yourself to prepare for life after college. He also points out that NU's Northeast college rank is 43 (which is lower than Canisius, Ithaca and Geneseo), which does not match the actual quality and success that NU has accomplished. As Chambers exclaimed, "we can do better!"

Niagara students who have attended this panel discussion, like myself, were able to listen from each panel member and then directly ask a specific panel member a question or explain an issue that they may be concerned about.

Personally, I think this meeting was only a baby step to an accomplished and understanding communication between panel members and the students. However, I believe it was still effective and should be carried on to the next step to provide more time to really examine the concerns from both a panel member's point-of-view and a student's.

Jakubowski is currently looking into housing conditions and what can be improved in the near future. He began to explain how his position, dealing with students every day, is to focus on providing students with a place where they want to live, not because they have to. He mentions the needs of a nice kitchen space for cooking, bathrooms, and enough square footage to be comfortable living in. Housing is extremely important for students to feel comfortable and included on campus.

Freely, student body president and also a Niagara University student herself, explained her concerns as well.

"I think it's important for the academic actors at NU to hear what the students' concerns are so they can react appropriately whether that be through a large forum, such as this, or the academic senate is up for interpretation," said Freely. "However, I would like to make it known that we have two NUSGA representatives serving on the Academic Senate though who are eager and looking for students' opinions as to what they can bring to the Academic Senate from you guys."

I believe it's extremely important for students to know that change is happening and that their voices can be heard. As a student at Niagara University and after attending this panel discussion, it seems that issues are being identified and students are becoming more confident in voicing their concerns. The next step, however, is to continue this progress so that our concerns are no longer a buried issue. There will be another chance to hear from more of the students by creating more panel discussions; however, the discussion will be similar to a town hall forum and will be more about the students' opinions and concerns to be heard.

Coldplay prepares to celebrate 20 years with something unique

By: Brittany Rosso

NIAGARA UNIVERSITY, N.Y. - Many bands celebrate anniversaries- but none quite like this. To celebrate it's 20 year anniversary, Coldplay will be releasing a secret project, "A Head Full of Dreams." This documentary film brings the band's past two decades to life again to celebrate its anniversary. The film is set to release to select theaters across the globe on Nov. 14, and will also be available on Amazon Prime Video beginning on Nov. 16. A trailer for the upcoming film can be found on the band's official Instagram page, @Coldplay.

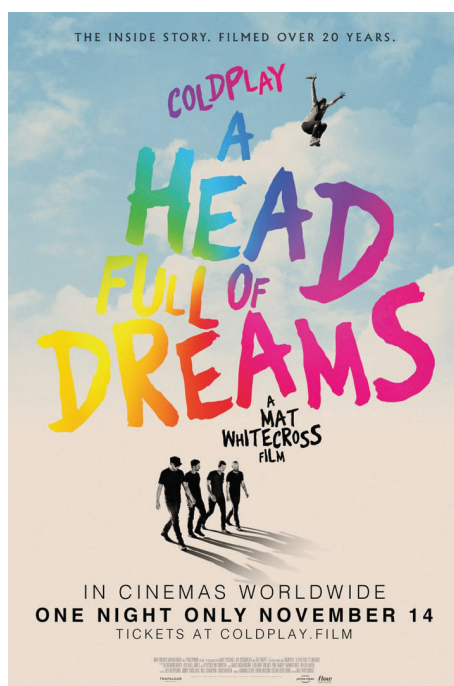
The compilation of the past 20 years of Coldplay history is said to include backstage, unseen and live footage. Most uniquely, the film is directed by Mat Whitecross, "who's been filming the band since their first rehearsal," as stated on the Coldplay Instagram page. The documentary follows the development of Coldplay and its many successes over the past 20 years, capturing sentimental moments, legendary performances and everything else in between. So far, the film has been described as an "in-depth and intimate portrait of the band's spectacular rise from the backrooms of Camden pubs to selling out stadiums across the planet."

Coldplay's first studio album "Parachutes" was released in November of 2000. Soon after, they began to perform concerts and gigs, eventually leading to 20 years of sold out shows, 7 studio albums, several tours and per-

formances and even headlining festivals. According to Wikipedia, Coldplay's "Head Full of Dreams Tour" is also said to be the third-highest-grossing concert tour of all time at \$523,033,675.

Over the past two decades, Coldplay has had several other accomplishments. The band has received 107 awards out of 252 nominations in its history. From album awards, Best International Artist to Best British Group, and many other awards in between, they have undoubtedly, proved their hard earned success.

Get ready, Coldplay fans! It's your turn to travel through the past 20 years alongside Coldplay and watch the memories unfold.



<https://us.coldplay.film>

Breathing new life into The Walking Dead

By: Zackary Kephart

NIAGARA UNIVERSITY, N.Y. - The Nov. 4 episode of "The Walking Dead" was the sendoff for Rick Grimes, beloved leader for more than eight years. Andrew Lincoln, who plays Grimes, revealed earlier this year he would be stepping away to spend more time with his family. For any other show, this would likely spell the end, but AMC may just have found a way to keep this show alive.

Considering the ninth season of the show is currently underway, it was time for a change. Every season, viewers watch Grimes and company fight (live) villains, defeat them and finally repeat the process with another villain. Even the show's ratings are not what they once were. Season nine thus far is different. There's a focus on community building and shaping the future, a nice change for a show that's always focused on living in the moment to survive.

Of course, this doesn't completely let AMC off the hook for Lincoln's final episode. Advertising the show as Grimes' final episode and alluding to his demise is AMC's tired attempt at trying to create interest only to do something completely different. Viewers only need to be reminded of Glenn's fake death in season six or the infamous cliffhanger at the end of that same season to be reminded of how low the show is willing to go to drive interest.

Still, Lincoln's last episode was tastefully done as a whole, and with Scott Gimple's reveal on "The Talking Dead" that Lincoln will be back to star in three movies inspired by the show, the end isn't truly here for the hero ... at least not yet.

With the characters in the show thinking that Grimes is dead too, the show can focus on something different instead of turning into the "Finding Rick Grimes" show. The end of Lincoln's final episode already introduced a myriad of new characters in a universe set six years after Grimes' "demise." Trailers for the next few episodes reveal a cast that is trying to find footing in a new, somewhat advanced world (at least compared to the past few years). For the first time in a long time, "The Walking Dead" is at a crossroads for which direction it could take, and there might be enough reason for viewers to care.

THE WALKING DEAD

Wikimedia Commons

Youtube channel to keep you informed



Youtube.com/philipdefranco

By: Hugh Brown

NIAGARA UNIVERSITY, N.Y. - In the current world filled with extreme partisanship and "fake news," it's hard to find reliable sources for your news. Almost all cable TV is considered biased, and with newspapers like "The New York Times" or "The Washington Post," there's simply so much information it's hard to navigate through everything to find human interest stories.

YouTube can be a great place to find news that aligns more with entertainment than real world events. Philip Defranco of youtube.com/philipdefranco delivers a perfect balance of world news with entertainment and internet drama.

Releasing 12-20 minute episodes Monday-Friday, Philip Defranco has a team of people who fact check and verify that what he is saying is accurate and unbiased. The show is not just about news however, Defranco also makes a point to give his opinion on topics he covers. Unlike more heavily opinionated political commentators such as Ben Shapiro, Defranco simply says his opinion on a story and promotes discussion in the comments section.

"That's the story and my thoughts but as always I want to hear what you guys have to say, so let me know what you think in the comments section down below," says Defranco after reporting on the 2018 midterm election results.

Defranco simply has an all-around likable personality. His videos, normally released at 5 p.m., have become a staple of my afternoon routine. I finish class, walk into Clet and watch a 20 minute recap of the important events that happened that day while eating dinner.

As people get increasingly informed with world politics, it can be tough to break into paying attention to news. Some people simply don't like reading or listening to politics as much as celebrity news. That is why Defranco is so great, he supplies a mix of politics for those who want it, but will also cover drama about Shane Dawson's newest online documentary. If the news does not interest you, it's easy to skip. Personally, I find myself listening to the entire episode just because Defranco is someone I enjoy listening to.

Watch "The Philip Defranco Show" at youtube.com/philipdefranco.

Think you knew your kindergarten teacher? Think again...

By: Alison Chodak

NIAGARA UNIVERSITY, N.Y. - "The Kindergarten Teacher" is an original Netflix movie starring Maggie Gyllenhaal who plays a kindergarten teacher, Lisa Spinelli, who becomes obsessed with her student, Jimmy. As soon as Lisa Spinelli hears his poetic talent in the beginning of the movie, she takes Jimmy under her wing. She gets a little too possessive of him however.



Sean Jamar

What's odd is the teacher has a family of her own to take care of. Why protect this little boy? It turns out her children aren't into poetry or the artistic culture. Lisa Spinelli wants more for her children. To fill that gap in her life, she can protect this child from the video games and sports that consume kids these days.

This kid is already an intellectual and Lisa Spinelli doesn't think his father or Jimmy's babysitter is helping his poetic talents. Jimmy's father believes his son should be a "normal kid" who gets good grades and goes to baseball practice. Spinelli doesn't want this and she believes this kid deserves more. She truly believes Jimmy is a child prodigy.

The ending is the climatic part of the movie because what you expect to happen, happens. Before that though, the tension builds and the audience can see her protect this child at all costs. Even when he doesn't show up for a day, she freaks out and starts crying. Spinelli states she's been teaching kindergarten for a long time and hasn't had a connection with a student like this before.

This movie is a 10/10 and can be found on Netflix. Now stop reading this article and go watch the movie!

The Dumpster: Issue 3

By: Liam Cuddy

“Where are we?” Robby asked, confused.

“Here, take my hand honey, it’s gonna be alright...” Mrs. Walsh said as opened the hatch on the side of the rusting dumpster.

Light poured in, temporarily blinding the two of them as they climbed out of the contraption. The universe around them became bigger as they honed in on their surroundings, screaming and laughter accompanied by dizzying movement, it took Robby a moment to realize where he was.

“This is the old Seward Elementary playground... they tore this down when I was like... five...”

His mother nodded, “You’re right,” she muttered as she looked from left to right. “Come here.” she said, quickly pulling him over by an overgrown shrub. “Do you see that boy in the striped shirt?”

Robby nodded. “Yes.”

“That’s Sean Coye, and he’s about to change your father’s life...”

The school-bell rang loud and a stampede of small children bolted through the doors and out onto the playground. Robby seemed overwhelmed as he frantically looked at the sporty faces passing him by.

“No.” his mother said putting a hand on his shoulder. “There.” She pointed towards the doors where a lonely student seemed to lurk, as he stepped into the light, it all seemed to make sense.

Tom Walsh, a young boy with a twinkle in his eyes stepped out onto the blacktop wearing his red NASA t-shirt and limited edition space shuttle shoes. In his hands was a small UFO spaceship. His arms waved through the air as he made sound effects with his lips, pretending to shoot lasers.

Robby’s giggling ceased as he watched Sean Coye lock his gaze on the boy who would grow to be his father. He now began to see why his father was the way he is, and it hurt him more and more as he continued to watch.

Sean laughed as he pushed him around. “What are you gonna do astro-nerd? Fight me?” he laughed as he tore the UFO from Tom’s hands and launched it towards the ground.

Tom scraped his knees as he frantically tried to save his replica toy, but it was too late. With tears in his eyes he looked up and questioned his bully. “Why can’t you just-- just leave me alone?”

Robby’s fists balled up as his eyes began to leak. “I have to do something...” he cried.

“I know honey... but now is not the time. If we’re going to fix this, we need to do it right.” she said calmly.

The day bled into the night as Robby paced around the block his father would later explain as his old stomping grounds. It wasn’t until the moon rose where his mother finally gave him permission to change the course of his father’s life forever.

They watched as his father’s parents left the driveway for their weekly movie. Then, with a few deep breaths, Robby stepped up to the door... Knock, knock, knock...

Suckmaster by day, comedian by night

By: Jade King

NIAGARA UNIVERSITY, N.Y. - “I was recently the victim of a hate crime. I was using the bathroom and all this graffiti was there saying things like I hate you, and it really upset me because I was at home.”

One of the favorite open liners from popular comedian and podcast host, Dan Cummins. Cummins blessed Buffalo with his presence at the comedy club, Helium, from November 8 – 11. If you’re not familiar with his seven comedy albums or hit podcast, Timesuck, it’s time to increase your curiosity about the world and get some well-deserved giggles in.

Cummins, now based in Spokane, Washington, was born and raised in Riggs, Idaho and graduated from Gonzaga University with his B.A. in Psychology. Although his current career doesn’t necessarily coincide with his degree, he does have a strong appreciation for what his alma mater taught him.

“I think a liberal arts education prepares you for more than just a job, it prepares you to succeed better in the world in general,” Cummins stated in an interview before his show on Saturday.

Cummins began his comedy career about a year after graduating college by performing at open mics until he realized he could make a career out of it. He produced his first special with Comedy Central in 2008 and his first album in 2009. He describes his comedic style as absurd and imaginative. As he has grown as a comedian he has become more grounded and added more of his opinion but in a traditional “Dan Cummins silly way.”

His podcast has exploded in popularity since its first debut in September of 2016 with over 7,000 likes on Facebook and 113 official episodes. If you become a diehard fan or a “Space Lizard,” you are welcomed to join the fan-moderated Facebook group “Cult of the Curious”

to inspire discourse on the topics covered every week and you may be applicable to secret content.

“A journey to learn as much as we can about the world we live in,” Cummins, the “Suckmaster,” responded when asked to give a summary about his weekly podcast. “We call it the cult of curiosity, it’s a fun way to learn something new each week.”

He goes on to describe how life has the tendency to become repetitive and revolve around scrolling through Instagram feeds or watching things on TV. His goal is to inspire people to expand their horizons and ignite or reignite their inquisitiveness to how the world works around them, all while being thoroughly entertained.

As to what advice he would give to the college student fumbling down the path of life would be to “Work very very hard on what you truly truly love.” Also to follow the advice of lady that came into his work when he was still in school and “Follow your bliss.” Those words resonated with him then and they still continue to do so today.



Getting Cross Country back on track

By: Nastassja Posso

NIAGARA UNIVERSITY, N.Y.- Both of NU's Cross Country teams finished off another season considering several setbacks that range from coaching, recruiting and practice facilities.

This season the team was down to seven runners due to recruiting. The team lost both assistant coaches last year which really affected the team with the recruiting process since that was one of their jobs.

Ben Slate has been the captain of the Men's Cross Country team for three years, and he went into to detail about the reasons as to why the Men's Cross Country team has been struggling.

"Without a track team, no high school year-round runner will want to join a college team that only offers one season of it, when they have been used to running both for so long," Slate said.

At the beginning of the season, recruiting efforts had not gone far enough to be able to reach MAAC regulations for the team. Thankfully, the team received three additional members from the Men's Swimming and Diving team to add to their roster.

Of all the inconveniences both of the NU Cross Country teams have to counter, the biggest one is the lack of adequate training facilities. As many already know, both the Men's and Women's Cross Country teams and the Women's Track and Field team do not have a set practice location on campus because they do not have a track.

"We practice anywhere we can really," he said. "Some days we'll go out to Fort Niagara or Artpark, but for regular workouts we usually have practices around the rugby field [near the tennis courts on campus]." Slate said.

Unfortunately, it seems that there will not be any immediate action to implement a track at NU. As Slate just concluded his final year running for NU, he hopes to see some change in the program and is optimistic of the team's future.

"We have had some obstacles these past years but I am hopeful with our recruiting for next year that our team will come back stronger," Slate said.

From Panthers to Purple Eagles

By: Dan Richeal

NIAGARA UNIVERSITY, N.Y. -The Men's Golf team has a couple of new faces on the team this season, two of those new faces are Freshman Tyler Edholm and Junior Zach Farkas. However, this isn't the first time that Edholm and Farkas have been teammates.

Both golfers were teammates on both the golf team and hockey team at Sweet Home High School. While at Sweet Home, Edholm and Farkas were four-year varsity players for both golf and hockey. Farkas was a three-year starter as a goalie for the Panthers, and in his senior season Edholm helped captain the hockey team to a New York State hockey championship.

When Farkas graduated Sweet Home High School, he came to Niagara just golfing for the club team, Edholm was heading into his Junior year at Sweet Home and wasn't sure where he would end up. After Farkas's last game as a Sweet Home Panther neither of them expected to be teammates again. So once the former Panthers swapped out blue and gold for purple and grey, the friends of about 10 years were stoked to have each other as teammates again, as it helps both of them on the course.

"It creates a more relaxed environment, in a match if I see him on another hole I'll walk over and talk and joke around, and even that little 30 second conversation makes it easier on both of us," Edholm said.

"Playing at Sweet Home and now here is awesome. I always want to beat Tyler [Edholm]." Farkas added.

Both golfers are used to competing during the summer when the two play practice rounds together.

"The last couple of summers we've been playing pretty much every day and I know we are both extremely competitive, so we push each other," Edholm said. "I hate losing to him and I know he hates losing to me."

"If you could come and watch a normal round of golf with us in the summer, you'd be confused if the round actually meant something huge, because we both get so intense, and focus on beating each other," Farkas added. "It's pretty awesome."

Both golfers were satisfied with how the first half of their seasons went. However, both agreed that the team should come back even better come spring.

"I think we will be a lot better of a team," Farkas said about the team. "We really are a tight group. We still do a lot together as a team. Each week, without practice, we still get together to hang out."

"We improved in every tournament that we played in," Edholm added. "We will all be working in the winter and I'd expect us to improve greatly as we move ahead."



Junior Zach Farkas (second from left)
purpleeagles.com



Freshman Tyler Edholm. Picture by Jim McCoy.

Student Athlete Profile: Ousmane Diop

By: Alex Bock

NIAGARA UNIVERSITY N.Y.- Very few athletes that start out playing a sport in their teens go on to earn an NCAA Division I scholarship, but that is the case with Ousmane Diop, a freshman on the Niagara University men's basketball team.

The 6' 10" forward has had a very unique journey to Niagara. Born in Dakar, Senegal in West Africa, he did not start playing basketball until much later in life.

"I started basketball at 15 or 16 years old," Diop explained. "Before that I was playing soccer, but the rest of my family was playing basketball, so I just thought 'why not?'"

The move from Senegal to the United States came with certain struggles and growing pains. While learning English is one such barrier, adjusting to the culture of the United States was another.

"It's a big change," Diop stated. "The culture is very different. But after my second year I have adjusted more."

While very few athletes make it to the Division I level when starting their respective sport as late as Diop did, even fewer make it that far without playing a single high school game.



"When I went to high school I couldn't play because I was ineligible," Diop mentioned. "Then when I went to prep school, but I tore my ACL. So this is my first year playing real competition."

Despite all of these obstacles, Diop has been able to make his dream of playing basketball come true. Now in his first year, Diop is looking to grow his game as much as possible this year.

"I'm taking this year as a learning year," Diop elaborated. "Learning how to run a play and learn the system. But my ultimate goal is to make the all rookie team."

A beginner's guide to the gym

By: David Wojtkowski

NIAGARA UNIVERSITY N.Y.- Gyms can be intimidating to the inexperienced. With so many machines scattered about and judgmental meatheads looking around it can be difficult to get started. Here is a full body workout that you can do without hopping on a machine, as they're already pretty self-explanatory and easy to use. You can do the exercises in order as a circuit, or break it down and modify it to suit your own needs.

START SET:

SQUATS (Lower Body)

Go to the squat rack and position the barbell to shoulder height. After adding the desired weight put the barbell across your shoulders and stand with your feet shoulder-width apart. While keeping your chest up and butt out, lower your hips to below your knees before returning to the starting position pushing through your heels for one rep.

BENCH PRESS (Chest)

Lie on a gym bench that has a barbell positioned above with a spotter watching you if necessary. Place your hands a little wider than shoulder width apart on the bar and bring it down until it barely touches your chest and then return it to the starting position while keeping your back straight and feet planted on the ground for one rep.

PULL UPS (Back)

Grab a bar attached to a frame or the wall above your head with your hands about shoulder width apart then pull yourself up until your chin reaches the bar for one rep. If you aren't able to do the desired number of reps, do negatives, which is where you start off at the top and let yourself down as slowly as you can. This concept works for other exercises as well.

FLUTTER KICKS (Abs)

Grab a mat and lay on your back with your hands palm down underneath your butt. Suspend your feet just above the ground and slowly raise one foot up as you lower the other one back to just above the ground alternating one at a time for an extended period of time.

CURLS (Biceps)

Head over to the weight rack stacked with dumbbells. Grab two equal dumbbells of equal weight and rest them at your sides. Curl them up to your chest while keeping your back straight for one rep.

LATERAL RAISES (Deltoids)

Stand with equal weight dumbbells in your hands by your sides. Then, keeping your arms straight, raise your arms until you make a "T" shape and then lower them for one rep.

END OF SET

REST

Take about a minute water break before starting your next set. Just do the exact same exercises in the order you did them before. Repeat until you've done three full sets. Give your muscles at least a day to recover before working them again.

Getting Cross Country back on track



Student Athlete Profile
Ousmane Diop
p.15

From Panthers to Purple
Eagles
p.14

A beginner's guide to the
gym
p.15