UMass Lowell Safe Trick-or-Treat: Giving Back to the Community

On Wednesday, October 29th, UMass Lowell hosted the 7th Annual Safe Trick-or-Treat for children in the Lowell Community. The event provided a safe indoor trick-or-treating opportunity as well as an array of fun Halloween themed activities. The event is sponsored by the Office of Residence Life and is made possible by the generous support of numerous departments and staff members. This year, over 1200 students attended Safe Trick-or-Treat making it the most successful year to date. Special thanks go to WUML (the campus radio station), the Greek Council, and the Omicron Delta Kappa (ODK) National Honor Society for all their student support.
Dear Parents & Families,

We hope this newsletter finds you and your student continuing to have a successful and positive semester. Fall is well underway and the winter season is fast approaching. It is so hard to believe that finals are only a few weeks away!

It has been our pleasure over the past month to work with several parents during our first Parent Advisory Board meeting. We had a record turn out at this event and were able to share several great ideas with one another. We have also worked with seven families at two Open House sessions. These Open House events are for perspective UMass Lowell students and their families. Special thanks to the parents who volunteered their time to staff the Parent Programs information table and meet future UMass Lowell families.

We were also excited to offer a Family Reception during River Hawk Homecoming 2014. We hope that everyone who attended had a great time. Our team is already planning another exciting family gathering for the spring semester. Hope to see you all there.

As always, if you have any questions, please feel free to contact our office.

Sincerely,

Joy & Phil
UMass Lowell’s tagline is Work Ready, Life Ready, World Ready. One of the ways we seek to help students become ready for the world is by educating them about important issues affecting us today and encouraging them to give back to those who may be less fortunate. For the past five years, The Office of Residence Life, together with the Office of Student Activities and Leadership, Office of Multicultural Affairs and Campus Ministries, has partnered with the food pantry at Merrimack Valley Catholic Charities to provide the staples of a traditional Thanksgiving meal to more than 300 families in the Lowell area. The proximity of the pantry to campus (it’s just across the street from the Inn & Conference Center), as well as their commitment to local families, makes it a great organization to work with.

Last year, we raised over $3500 and collected over 1000 cans of food for the cause, which allowed us to provide the fixings for dinner along with a $10 gift card to a local grocery store to 300 small families. The additional funds were used to purchase additional items that helped stock the pantry through the holiday season and into the spring! Over 100 student volunteers helped us sort items, pack bags, and distribute them at the ICC to the families.

The 6th Annual Thanksgiving Food Drive will be held on November 24th this year. It is our goal to raise at least $4000, which equates to just about $1 per residential student. The RAs will be doing cash donations in their halls, so tell your student to save some spare change! In addition, we have a link to donate via credit or debit card. We would also love student volunteers – students can email Heather_Wyatt@uml.edu to sign up to help in some way. Would you like to invite families to get help out too? Parents and families are invited to make a donation via our online site. Please follow the donation link to the right if you would like to help out.

Check out a short video of how last year’s food drive went! https://www.youtube.com/watch?v=bV7u_ZlIXtw

Want to help?
You can donate online!
http://www.tinyurl.com/umlthanksgiving2014
With the leaves falling and the first chill of autumn in the air, it’s hard to believe that fall semester is winding down and the holiday season is fast approaching! As University Dining begins to prepare for the festive season, we work to ensure our menus are balanced with flavor, flair and some good-for-you choices as well. Though the holidays are often a time of indulgence, we believe that good food can both taste great and be nutritionally sensible. As you begin to prepare your holiday meals, we’d like to share a recipe with you that has received rave reviews in our holiday menus. A combination of sweet cranberries, butternut squash and earthy mushrooms, this hearty vegetarian side is sure to please any crowd, and present beautifully on your holiday table.

Take care and eat well,
University Dining at UMass Lowell

**Autumn Barley Pilaf**

**INGREDIENTS:**
- 3 Cups Low Sodium Vegetable Broth
- 2/3 Cup Apple Juice
- 1 Cup Pearl Barley, Rinsed
- 2 ½ Cups Roasted Butternut Squash, Diced into ½”
- 1 Cup Portobello Mushroom (Grilled / Sautéed) Diced to ½”
- ¾ Cup Dried Cranberries
- ¼ cup Yellow Onion, Diced
- ½ Cup Shredded Parmesan Cheese
- ½ Tsp Fresh Thyme
- 1 ½ tsp Minced Garlic
- 1 Tbsp Vegetable Oil
- Pinch of Kosher Salt
- Fresh Ground Black Pepper

**DIRECTIONS:**
- Preheat oven to 350 F.
- On sheet pan, spread barley in thin layer. Bake until golden brown, 15-18 minutes.
- In stock pot over medium-high heat, heat oil. Add onion and garlic. Saute until onion is translucent, 3-5 minutes.
- Add barley. Cook, stirring constantly, 1 minute.
- Add Broth, Apple Juice, Salt & Pepper.
- Bring to a boil. Reduce heat. Cover. Simmer until barley is tender and liquid is nearly absorbed, 25-30 minutes.
- Cover and serve Hot.

Nutrition information based on ½ cup serving
- Calories: 160.5 Kcal; Total Fat: 4.18 g; Saturated Fat: 1.5 g; Sodium: 191.6 mg; Cholesterol: 5.1 mg
UMass Lowell has begun another new renovation project on campus that will add to the beautiful landscape. McGauvran Student Union was closed at the start of the fall semester. The building has been complete gutted and renovations have started that will transform the property into a world class facility for students, staff and the community.

Once the construction project is done, University Dining will be moving into the new McGauvran and the current South Campus dining facility will be taken down. This will create an open green space on the South Campus from Coburn Hall to the river. The new McGauvran is scheduled to open in January 2016.

The thirty-five million dollar renovation to McGauvran will add the following:

**First Floor**
- New floor to ceiling glass windows with extended space.
- 400 seat all you care to eat dining facility featuring:
  - Grill station with made to order items
  - Pizza oven & hearth
  - Gluten free station with an array of offerings
  - Sandwich & salad station
  - Grab and go retail station

**Second Floor**
- Comfortable lounge space and seating areas
- Retail dining options including:
  - Freshies - healthy dining options
  - Global Market - international offerings
  - Subway - sandwiches, soups and salads

**Third Floor**
- Classrooms
- Faculty lounge
- Meeting spaces
- New student learning commons

Additionally, improvements will be made to the outdoor patio area creating a beautiful exterior meeting and lounge space.
Advising News
Information from the Centers for Learning about academic advising

It is hard to believe, but the mid-point of the semester has come and gone. We’ve been blessed with some wonderfully calm weather, but as Fall rolls on into Winter, the academic calendar rolls on as well. Even while students are preparing for mid-term exams, papers and projects, they will need to begin to plan for their spring semester courses.

The Advising Period began on Monday, October 27th. Faculty advisors schedule extra office hours during this time in order to meet with their advisees. Prior to the Thanksgiving Break, your student will have registered for their Spring Semester classes. If they have additional questions, they should contact the Centers for Learning. Centers for Learning is always available throughout the year to offer advising tips.

How can the Centers for Learning & Academic Support Services Advising Center help?

Students can also make an appointment to see a CLASS advisor if they would like help with

- Academic Planning
- Registration and iSiS Support
- Intercollegiate Transfer
- Academic Standing
- Declaring a major or minor
- Undeclared Liberal Arts and Exploratory Advising

Also, if you have general questions about any Advising issues, email us at advisement@uml.edu at any time.

Students who live on campus can also seek out the First Year Resident Educators (FYREs) with any academic questions they may have.
Parent Programs Welcomes New Student Staff
Learn about our new Parent Programs Assistants

Parent Programs is proud to welcome two new student staff members to our team. Each will serve as Parent Programs Assistants and will work out of our office. Their responsibilities include managing the department email account and main phone line as well as heading out our social media efforts on Facebook, Twitter and more.

Below are brief messages on our new staff:

Hi Everyone,
My name is Maggie Scacca and I’m one of the Parent Program assistants here at UMass Lowell. I live in Melrose, Massachusetts and I am a freshmen student this year majoring in Nursing. I have three sisters and two extremely overprotective parents at home so I am an expert on any questions you may have as a concerned parent considering I have answered almost all of them to my own. Working in the Parent Programs office has been amazing, every one here is super helpful and are easy to get along with. Being a freshmen has been the most incredible yet nerve wracking experience of my life, wise words to any incoming freshmen, take a deep breath and try to embrace all the new changes to come.

Hey Everyone,
My name is Nicolas Capotosto and I am the other Parent Program Assistant in UMass Lowell’s office of Residence Life & Parent Programs. I am a freshman from Jersey (it’s not that bad actually) and came to Massachusetts for their Nuclear Engineering program. I am a part of the Difference Makers LLC (living learning community) where business and innovation are what drive us to help make a difference. My time here has been more than enjoyable and you really can get a sense of community here. At times it can be stressful but there is always someone ready to help you succeed. UMass Lowell does feel like a home away from home and it is a great opportunity to be here.
Upcoming Events for Parents & Families

Wednesday, 11/19 (4 p.m. - 6 p.m.)
Writers on Campus - Poetry Reading - O’Leary Library 222

Parent Programs

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