

Publishers of North Buffalo Rocket, West Side Times & Riverside Times

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Lizzy's Food Pantry



Elizabet Lester proudly displays the Food Pantry that she created outside her home on Parker Avenue for anyone who is hungry and needs food.

Ten year old Elizabeth "Lizzy" Lester wanted to make a difference during these unfortunate times. While scanning the internet for ways to help other people during a crisis, Lizzy came up with an idea to help her community. She took an old dresser, asked her uncle to help by putting a couple of doors, a roof and some paint on

it, then filled it with food and put it on the front lawn of her house on the corner of Parker & Tacoma Avenues.

"Anybody who needs some food is welcome to it," said Lizzy, "I check and organize it every morning and evening."

Not only is her parents helping to keeping the shelves stocked, neighbors are stopping by to maintain its supplies.

Lizzy attends Buffalo Olmstead School #64 and is studying at home while schools are closed. This gives her the opportunity to keep a close eye on who is stopping by for food and who she is helping.

"I just to be doing what I can to helping anyone that I can." she added.

COVID-19 Test Sites

WellNow Urgent Care is offering testing at the following locations:

Road) Batavia Cheektowaga

Clarence Dunkirk

Lancaster Niagara Falls

Orchard Park Tonawanda West Seneca

Wheatfield
Tests will be administered to those who

display symptoms or have been exposed to COVID-19.

Western New York Immediate Care is offering testing at these locations:

Amherst Buffalo

Clarence/Williamsville Cheektowaga/Lancast-

Orchard Park

A provider will see you and determine which test is best for you. Most patients will have results within 36 hours.

Suppert Local Restaurants

during these uncertain times

12 Virtual Ways to Escape Reality While at Home

We're all still indoors, socially isolating, working or studying remotely, having virtual happy hours via Zoom, and trying to stay sane - and healthy — while waiting out the coronavirus pandemic. Though it's far from an ideal situation, there are a few benefits. Really. You can catch up on reading. Or view some artwork. Or see via webcams if penguins are maintaining a six-foot distance from one another. Or watch new movies. which BuzzFeed said will be released on demand instead of in theaters. Or aiscover wnich zu-secona Prince lyrics are the best for hand-washing, courtesy of his home-state station CBS Minnesota. Here are 12 of our favorite ideas for sequestering with purpose.

1. Get Your Groove on With Club MTV and DJs on Instagram Live What started off on March 17 as DJ D-Nice's (Derrick Jones) spinning a few of his favorite records for a couple of hundred friends on his live Instagram feed turned into a nine-hour set just four days later, and then ballooned into the nearly nightly "Club Quarantine" sets of soul, disco, rhythm-and-blues, hip-hop classics, attracting tens of thousands of listeners at a time, including A-listers like Michelle Obama, Stevie Wonder, and Lenny Kravitz.

Continued on page six.

Crisis Services Responds to Community Needs Safety, help, and hope during COVID-19

With fear and uncertainty rising as a result of the COVID-19 pandemic, the number of people relying on Crisis Services has spiked. As a result, the essential role that the organization plays in keeping Western New York healthy has come to the forefront of community conversation.

"As the region's critical emergency service provider, our hotline team provides supportive counseling, referrals, and information on available services," said Jessica Pirro, Chief Execu-



tive Officer. "Since the first positive COVID-19 test occurred in our community, we have seen overall call volume to the various hotlines we manage up 25%."

The organization is re-

lying on its existing contingency and disaster planning to handle the increase in mental health distress calls. At the same time, front-line staff are implementing a new blended model of onsite and remote working to allow for extensive safety precautions. Despite these new challenges, their commitment is steadfast.

While primarily known for suicide prevention, the *Continued on page two.*

Weather ocal SATURDAY, MAY 2 THURSDAY, APRIL 30 FRIDAY, MAY 1 SUNDAY, MAY 3 **MONDAY, MAY 4** TUESDAY, MAY 5 WEDNESDAY, MAY 6 Mostly Cloudy Mostly Cloudy Mostly Cloudy Showers Partly Cloudy Partly Cloudy High 52° High 62° High 58° High 63° High 56° High 51° High 62° Low 45° Low 47° Low 38° Low 38° Low 39° Low 48° Low 48°







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FREE PIZZA: G. Simpson, 429 Parkside Ave, 14216

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With the NHL season on hold . . .

we are looking back at classic Buffalo Sabres games.

On April 27th 1994, the greatest goal tending battle in modern Stanley Cup playoff history took place in Buffalo's Memorial Auditorium. It was game six of the Eastern Conference semifinals between the Buffalo Sabres and New Jersey Devils. The game started at 7:30 p.m. ET, but ended just before 2:00 a.m. the next morning. The contest went to a fourth overtime and ended in dramatic fashion after forward Dave Hannan scored the

game winning goal.

Dominik Hasek stopped 70 shots in a 1-0 four overtime victory while Devils rookie goalie Martin Brodeur had 49 saves. Hasek had 31 saves in regulation time with Brodeur stopping 30 shots, then blocked another 39 shots through the fourth OT period.

The Devils line of Stephane Richer (9), Bobby Holik (8) and Bobby Carpenter (7) had 24 shots on goal stopped by Hasek. Scott Stevens spent plenty of time in the sin bin, too. The Devils' captain tallied 14 penalty minutes on the night.

The game ended with just one goal scored after the team's essentially played two plus hockey games.

The teams went back to

the Meadowlands and Brendan Byrne Arena for game seven. Buffalo took an early 1-0 lead but New Jersey scored the game's next two goals to spoil springtime in WNY as the Devils eliminated the Sabres from the playoffs

The 33 year old Hasek won the Vezina Trophy as the top goaltender and led the league in goals against average and save percentage. He finished second to Sergie Fedorov of the Detroit Red Wings for the Hart Trophy, as the league's most valuable player. Brodeur had lost epic OT battle, but he won the war becoming the first goaltender in Devils history to win all four games in a playoff series.



Sabres Dominik Hasek butterfly.

Crisis Services Responds to Community Needs Safety, help, and hope during COVID-19

From page one.

organization provides broadbased support. In 2019, Crisis Services, answered almost 84,000 crisis hotline calls, conducted approximately 2,000 mental health assessments, and responded to over 1,300 domestic violence and sexual violence calls to local hospitals.

The organization's service hub is on River Rock Drive in Northwest Buffalo. Its Mobile Outreach Program is still responding out in the community when there is a high-risk mental health crisis. Extensive screening is conducted first to determine what can be done by phone or other telehealth tools. "In responding, our team has PPE (Personal Protective Equipment) supplies for themselves as well as the client. We need to not only be protected but protect those we serve," according to Jessica.

As part of the behavioral

health system in Erie County, Crisis Services participates in numerous collaborative efforts. Key partners include law enforcement, local hospital systems, college campuses and various mental health and substance abuse service providers.

As CEO, Jessica, who resides in the Parkside neighborhood, is also the organization's primary spokesperson as well as its most passionate advocate. In addition to several media appearances, she recently led an online meeting with her neighbors to offer support and acknowledgment for their concerns, fears, and frustrations.

"Before all of this, people talking about their mental

health was limited. I believe our collective experience is bringing the critical importance of this to the forefront along with greater appreciation of how compassion and connection can help everyone who is struggling."

The organization provides support for anyone in need. As a non-profit, Crisis Services relies on government contracts and local foundations. Community investment in the form of individual and business contributions is critical to its success. "Like an insurance policy, you invest in it to have it if you need it. We know not everyone thinks they will have a crisis, but here we are with this unprecedented pandemic."

Read a copy of current or past editions of the BUFFALO ROCKET online at www.buffalorocket.com





County resperforming idents frontline and essential work can make an online request to register their vehicles or transfer license plates through the County Clerk's website to make sure they have transportation to work. The "emergency curbside" process will require a few unique steps. First, residents of Erie County that believe they qualify will need to complete an online request form at www.erie.gov/ clerk/EmergencyOps.

An Auto Bureau representative will call qualified customers and review the transaction explaining the process in detail, outlining exactly what forms, documents and ac-

Maria C Bufalino

Real Estate Salesperson

ceptable payment options are required in order to conduct the transaction.

The qualified customer will again be contacted to schedule the "curbside" service with the date and time, and office location to drop off their paperwork packet to complete the transaction all while staying in a vehicle.

This emergency service does not include renewal transactions. Expirations for all driver licenses, non-driver identifications, registration renewals, and inspections have been extended until further notice by the Governor through Executive Order. Also, those looking to upgrade their license or non-driver ID to meet the REAL ID require-

ments, that date has been extended by one year and is now October 1, 2021.

For additional information and operational updates on the Erie County Auto Bureau visit www.erie.gov/clerk/autobureau.



Special Olympics New York today announced the release of a series of videos and supporting materials for children ages 2-7 and their families to stay active and healthy at home while formal Young Athletes programming throughout the state is suspended.

Young Athletes videos and resources are available and free to access at www.specialolympicsNY. org/young-athletes/.

NADTU DIIEENI A

The Special Olympics Young Athletes program provides inclusive play opportunities for children of all abilities, ages 2-7. It engages children with and without intellectual disabilities in activities important to mental and physical development, such as running, balance and catching, while also teaching inclusion at a young age and preparing athletes for Special Olympics training and competition when they become eligible at age 8.

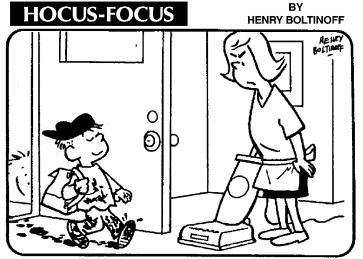
The Young Athletes program is offered by Special Olympics chapters in states and countries around the world. In New York, programs are offered in one of three settings, always with the goal of bringing children with and without intellectual disabilities together.

To get involved or support the growth of Special Olympics Young Athletes in your region or statewide, make an inquiry or a donation online at specialolympicsNY.org.









Find at least six differences in details between panels.



missing. 3. Picture is added. 4. Backpack is different. 5. Cord is missing. 6. Woman's hair is different.

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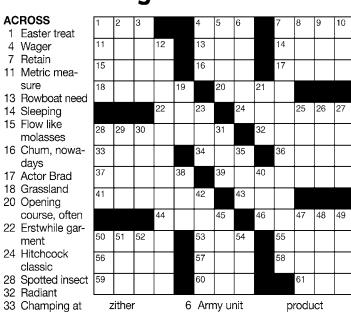
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King Crossword



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 - Answers on page seven.

EPIC Launches YouTube Channel

EPIC- Every Person Influences Children has launched a YouTube channel for families to utilize during quarantine.

"We are asking so much of parents right now," says Tara N. Burgess, Executive Director. "If EPIC can alleviate any stress for them, we want to do so."

The channel features a variety of educational content as part of EPIC Academy, a comprehensive set of activities ranging from STEM topics to Storytime, literacy, art, nature, health and wellness, special education and Common Core. also is the start of a podcast-style series, "Kitchen Table Talks", designed to connect with community experts on varying topics.

"When you think about it, the kitchen truly is the heart of a home," says Burgess, "the gathering place at a party, potentially where our families see the most conversation and engagement. We wanted to take that one step further and create a series of conversations based on connection, as a way to unite our community during this time, while also offering the credible resources our families



need."

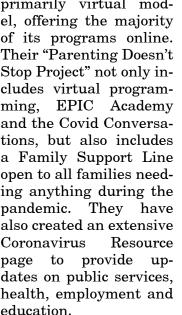
The series begins with "Covid Conversations", where local pediatricians, psychologists and more weigh in on different virus-related issues facing families today. Parents can tune in for advice on how to talk with their children about the virus, as well as gain insight into behavioral techniques and positive discipline strategies.

During the pandemic, EPIC has shifted to an

primarily virtual model, offering the majority of its programs online. Their "Parenting Doesn't Stop Project" not only includes virtual programming, EPIC Academy and the Covid Conversations, but also includes a Family Support Line open to all families needing anything during the pandemic. They have also created an extensive Coronavirus Resource page to provide updates on public services, health, employment and education.

"In times like this, it is more important that ever that we continue to provide resources and support to our families." says Burgess. "By offering such a wide range of opportunities and services, we are truly there for them 24/7."

For more information on EPIC's Parenting Doesn't Stop Project, visit their website or e-mail them directly.





BONUS REPORT: Finding Secret Fishing Spots Professor Higbee painstakingly 47 tips, tactics and tools you can use to find your own plotted by hand, the location of secret spot and catch more fish. 45,000 miles of streams onto the REPORT: How Anglers Stalk and Catch Record Fish map. It sold extremely well - until The average big fish has evaded capture for over 10 years. the printer declared bankruptcy and BONUS Find out which instincts set them apart from smaller fish.

hauled Higbee's work to the landfill. But reprints were impossible because the maps were printed in non-photographic blue. Higbee was even offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

Then, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map.

Then the STREAM & LAKE MAP

RAVE REVIEWS "I have one of the original Higbee's Stream "It is in showing where to find out-of-the-way trout streams that makes the map such a treasure to the fisherman."

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—Dave Wolf, PA Fish and Boat Commission TRIBUNE-DEMOCRAT,

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unique habits and those special times when their guard is

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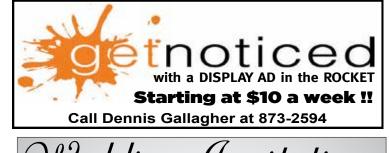




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Ask Rusty - Should My Wife Take Her Social Security at Age 62??

Dear Rusty: I have been advised by my financial planner to start my wife's social security benefits at the age of 62 (she is now 61). I am 65 and still employed, not on Medicare, and not taking social security benefits. My wife's benefits are much less than mine. I hope to wait until age 70 before starting my benefits. My income is currently \$160,000. Do you see this as a wise choice to start my wife's SS benefits at age 62? Signed: Planning Ahead

Dear Inquiring Wife: Your husband isn't eligible to file a "restricted application for spousal benefits only" because he is already collecting his own Social Security benefits and because he is past 70 years of age. But he should probably be re-

ceiving a spousal benefit from you because his benefit is so much lower than yours. From what you've written, you both claimed your Social Security benefits when you were 62 years of age. That means you both took a 25% cut in benefits from what you would have gotten at your full retirement age (FRA) of 66.

Spousal benefits are based upon FRA benefit amounts, even if you claimed benefits earlier. So, since your FRA benefit amount would have been about \$1164 and your husband's FRA benefit would have been about \$330, by my calculations he should now be receiving a spousal benefit of about \$516 instead of his benefit of \$263.50. The computation for that is: Take half of your FRA

benefit amount (\$582) minus your husband's FRA benefit amount (\$330); the difference (\$252) is added to his own current benefit (\$264) to get \$516 as his possible spousal benefit (note the actual numbers from SS may vary somewhat). This probably means that when you claimed your benefit two years after your husband claimed his, your husband didn't apply for his spousal benefit (and it wasn't awarded automatically by SS).

I suggest your husband contact Social Security as soon as possible and make an appointment to apply for his spousal benefits. Since he has been entitled to that benefit for some time now, he can also request 6 months of retroactive spousal benefits which they will pay in a lump-sum and adjust his monthly benefit to what he is entitled to as your spouse. There is also a possibility that, when you filed, SS failed to notify your husband he was eligible for a spouse benefit, in which case he may be able to collect his spouse benefit back to the date he became eligible. Your husband should contact

Social Security directly at either 1.800.772-1213, or at your local office (find it at www.ssa.gov/locator) to make an appointment to apply for his spousal benefit from you. And, usually, this application can be accomplished over the phone.

Please note that all of the above assumes that your husband's current benefit isn't being reduced due to a non-covered pension which causes the Windfall Elimination Provision (WEP) to lower his benefit amount, and which would cause the Government Pension Offset (GPO) to severely alter, or even eliminate, his spousal benefit.

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12 Virtual Ways to Escape Reality at Home **During the Coronavirus Pandemic**

From page one.

The event has been so popular in helping people feel connected from home that MTV is resurrecting its show Club MTV for the first time in almost 30 years this Saturday at 10 p.m. EDT, featuring D-Nice spinning in his downtown Los Angeles living room just like he has been for more than a month. The hour-long #DanceTogether special, to be broadcast on MTV. MTV2, VH1, and Pluto-TV, is part of MTV's #AloneTogether campaign to encourage people to stay calm, connected, and active during coronavirus stay-at-home orders.

In addition to D-Nice's sets, Questlove (Ahmir Thompson), the Roots drummer and overall extraordinaire expert in matters music and Prince, has frequent live DJ sets on Instagram during which you may be lucky enough to get a little history lesson on whatever he chooses to play that evening

2. Watch Elephant Orphans in Kenya Being Fed

The Sheldrick Wildlife Trust in Nairobi, Kenya, works to protect endangered species across the country, including the African elephant and black and white rhinoceroses. One of its best-known programs is its orphan project, where staff rescue and raise young elephants and rhinos, many of whose parents were killed by poachers. Visitors to the nursery in Nairobi can normally see the elephants taking mud baths or being fed milk, but since the nursery is currently closed, the trust will be livestreaming feedings on its website starting on Saturday, April 25 at 3 p.m. Nairobi time, which is 7 a.m. EDT

and 4 a.m. PDT. Future feedings will be shown every Monday, Wednesday, Friday, and Saturday, but if you miss one or don't want to wake up predawn, don't fret: The livestreams will stay up as videos on the website.

3. Enjoy Nature Animals haven't gotten the memo on self-isolating during the coronavirus pandemic. Both The San Diego Zoo in California and the Houston Zoo in Texas are among several across the country with live feeds. If you'd rather see them in the wild, the Golden Gate Audubon Society sponsors an osprey cam, or you can view nearly 100 other live streams at Explore. And the National Wildlife Federation's new nature guides will teach you everything you wanted to know about plants and wildlife that you will one day see in person.

#museumfromhome

See the collection at New York City's Guggenheim, tour the Louvre in Paris, roam the Uffizi Gallery in Italy or explore the National Museum of Natural History from the comforts of home! Google Arts & Culture has curated an extensive list of museums, along with the 10 top museums of the country. The Metropolitan Museum of Art has a daily digital digest of videos, articles, and online resources, as does the Museum of Modern Art, two more NYC staples.

5. Brush Up on Your Puccini

The Metropolitan Opera in NYC is hosting free — free! — streams on its website Every. Single. Night. These are encores of performances from the Met's renowned Live in HD series, and begin at 7:30 p.m. EST nightly. They'll be available for 20 hours following the stream, and also on the Met Opera on demand

6. Listen Up

As part of the #Together-AtHome series sponsored by Global Citizen and the World Health Organization, various musicians are lending their voices online. To wit: Ben Gibbard, John Legend, Common, and Chris Martin have done free shows, as has Hozier. Stage It is also hosting concerts that aren't free, but some are pay what you wish. And musicians who've had to cancel shows and tours need any help they can get right now.

7. Host a Distant Movie Party

Netflix is hosting a free party for you and your besties. All you have to do is install the Netflix Party extension and choose a movie. After, you click on the "NP" button in your browser. Then you copy and paste a URL to all of your friends.

8. Flex a Muscle

Who needs a gym when you can break a sweat in private? YMCA360.org is offering free exercise videos on demand, including bootcamp, barre, and tai chi classes. Or check out one of the fitness apps mentioned in this New York Post story to create an at-home workout for you. They have small monthly fees, but your body will thank you.

9. Chill

These are scary times, so what better way to deal with them than to practice some mindfulness? Meditation apps like Calm, Insight Timer, Headspace, or the MIND-FL Video app will guide you, relax you, and help you get a good night's sleep. Virus anxiety provides "resources for anxiety and your mental health in a global climate uncertainty." Especially fun is the "take a break" section. Click on the cat photo and you'll be taken to the Bodega Cats of Instagram page. Bodega cats for the win!

10. Habla Español? By the time the self-quarantine ends, most everyone will be aching to travel. What better time to learn a new language to accompany you on your sojourn? Duolingo and Rosetta Stone can help you learn French, High Valyrian, Hawaiian, Swahili, or a host of other options.

11. Draw

The Kennedy Center Education Artist-in-Residence and kids author Mo Willems (Don't Let the Pigeon Drive the Bus!, Knuffle Bunny, and the Elephant and Piggy series) is livestreaming a "Lunch Doodle" every day at 1 p.m EST. And no, this isn't just for kids: "Learners of all ages" are welcome to join him in his virtual studio to write and draw.

12. Make Something Keeping your hands busy is a great way to deal with, well, pretty much everything —especially if you have kids. Check out these 10 Instagram accounts assembled by Insider, including the-dadlab and iheartcraftythings, for ideas on art projects and science experiments to do with your children or by yourself. If you're a holiday crafts person, you'll enjoy these 60 DIY Easter craft ideas assembled by Country Living.



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LEGAL

Notice of formation of a Limited Liability Company (LLC): Mr. Lawn Care LLC. Articles of Organization filed with the Secretary of State of NY (SSNY) on January 2, 2020. Office location is Erie County. SSNY has been designated as agent upon whom process against may be served. SSNY shall mail a copy of any process served upon him/her to 91 Pheasant Run Lane, Lancaster, NY 14086. Purpose: To engage in any lawful activity. 21

NOTICE OF FORMATION OF A DOMESTIC LIMITED LIABIL ITY COMPANY. Name of LLC: 134 LAFAYETTE AVENUE LLC. Articles of Organization filed with NY Sec. of State (SSNY) on 3/12/2020. Office in Erie Co. SSNY designating agent of LLC upon whom process may be served. SSNY shall mail copy of process to 528 West Ferry Street, Buffalo, NY 14222. Purpose: Any lawful purpose.

Buffalo Board of Education Purchase Department 716-816-3585

The following procurement opportunities shall be posted at: buffaloschools.bonfirehub.com

BID 20-0621E2-093 Printing & Delivering of K- 12 Common Core Math Modules

BID 20-0621E4-095 Food Service Equipment Repairs

BID 20-0621-096 Milk & Juice for the 2020-2021 School Year

BID 20-0621-097 Refrigerated Trucking for the 2020-2021 School Year

BID 20-0621-098 Meal Delivery Services for the 2020-2021 School Year

BID 20-0621-099 Bread Products for the 2020-2021 School Year

BID 20-0621-100 Packaging Materials for the 2020-2021 School Year

Richard Fanton
Director of Purchase

PRAYER TO ST. JUDE

Most holy apostle St. Jude Thaddeus faithful servant and friend of Jesus, the name of the traitor who delivered your beloved Master in to the hands of the enemies has caused you to be forgotten by many, but the Church honors and invokes you universally as the patron of hopeless cases and of things despaired of. Pray for me who am so needy; make use, I implore you of that particular privilege accorded to you to bring visible and speedy help where help is almost despaired. Come to my assistance in this great need that I may receive the consolations and succor of heaver in all my necessities, tribulations and sufferings particularly (here mention your petition) ... and that I may bless God with you and all the elect throughout eternity. I promise you, O blessed Jude to be ever mindful of this great favor, and I will never cease to honor you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen.

M.S

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— **King** Crossword – Answers

Solution time: 21 mins.

Ε	G	G			В	Ε	T		Н	0	L	D
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S	W	Α	R	D		S	0	U	Ρ			
			R	Α	G		Ρ	S	Υ	С	Н	0
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Puzzle on page three

WANTED

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PRAYER TO THE BLESSED VIRGIN (Never known to fail)

Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh Mary, conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, You who solve all problems, light all roads so that I can attain my goal, and thank You for Your mercy towards me and mine.

(Say this prayer 3 consecutive days, after which the request will be granted. This prayer must then be published.)

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Required Qualifications:

- Bachelor's degree
- Experience as a research analyst or related function
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- Excellent written and interpersonal communication skills

Preferred Qualifications:

- Master's degree
- Demonstrated experience working in a complex, deadline driven office environment, preferably in higher education. This experience should include the capture, analysis, and presentation of information in support of institutional research efforts, including the rapid creation of Ad hoc queries utilizing modern desktop database tools to further support executive inquiry. Background in exploring data using modern visualization tools such as Tableau

Qualified applicants may apply online at https://jobs.buffalostate.edu.

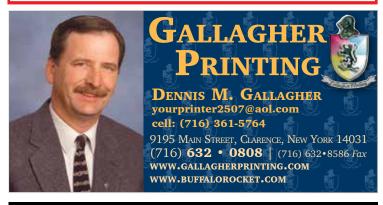


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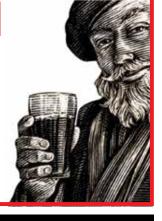
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