NASHUA COMMUNITY COLLEGE

STUDENT NEWSLETTER

October 19th-23rd

NCC Weekly Student Activity Calendar

Student Activities for the Eighth Week of School-Fall 2026 - All Student activities are open to ALL NCC Students

Monday Oct 19

SkillsBoost workshop in the library: The Art of Crafting a Practice Test



Library, 2-3PM

Campus Christian Fellowship ~ Club
NCC Cafeteria; 2-4PM



Tuesday Oct 20

Multicultural Club
Streeter 106; 12-1PM



Drama Club
Auditorium; 12-1PM

True Crime Club
Library Conference Room 133; 12-1PM



Inkspill Society (Poetry Club)
Library 133; 4PM

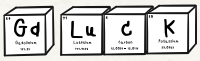


Intramural Sports Club
Gymnasium; 4-7PM



Wednesday Oct 21

NEW! Chemistry Tutoring in the Library
11-12:00PM



IEEE Club
Streeter 240; 12:00PM

SkillsBoost workshop in the library: The Art of Crafting a Practice Test



Library, 2-3PM

Thursday Oct 22

Student Senate meeting
McIntyre Room; 12PM

Drama Club
Auditorium; 12-1PM

GSA Club
Gregg Hall 180; 12PM

Nerd Club
Streeter Hall; 12PM

Aviation Club
Streeter Hall 93; 1PM

Yoga with Maria
Auditorium; 4PM



Intramural Sports Club
Gymnasium; 4-7PM



Friday Oct 23

Windows Literary Magazine Club
Streeter 253; 12-1PM

Fall 2026 Fitness Center Hours:
Mon-Thurs: 9-5:30
Friday: 10-4



Open Court Hours:
Mon-Thurs: 12-1PM



All children 12 and Under of
NCC Students, Faculty, and Staff:

YOU ARE INVITED!

TO:

SAFE TRICK OR TREATING

WEDNESDAY OCT 28TH FROM 4:30PM-6:30PM
NASHUA COMMUNITY COLLEGE ATRIUM & FIRST FLOOR
~MAIN (AMHERST ST.) ENTRANCE~

SPONSORED BY NASHUA COMMUNITY
COLLEGE STUDENT SENATE









Don't be afraid! Enter the Mid-term, horrible, no good

Candy Contest

Students: Can you guess how many pieces of candy are in the candy jars we have in the Advising Office and near Campus Safety in Gregg Hall. The winner will be contacted on

Tuesday, Oct. 27

And remember: Every piece is very bad for you.
So give them to your frenemies. A Café 505 pizza is available as a substitute prize for sugar scaredy cats. Good Luck!

~ Happy Halloween from the NCC Academic Advising office ~

Therapy dogs visit NCC bi-weekly.
Free and open to all.



Fall '26 Therapy Dog visits:

All visits in the atrium at 11:30 AM

- Ernie — Wed September 30
- Nutella — Wed October 14
- Nutella — Wed October 28
- Callie — Tues November 10
- Ernie — Tues December 1
- Ernie — Wed December 9

Brought to you by:

your WALTER R. PETERSON LIBRARY

NASHUA COMMUNITY COLLEGE

International Café Fall 2026

A place to practice English, make friends, from other countries and cultures, and enjoy refreshments!

Free!

When: Fridays, 7:00 pm– 8:30 pm

September 18th, October 16th, November 13th, & December 4th

Where: NCC, Streeter Hall, Room 106



For more info, contact Prof. Berry:

eberry@ccsnh.edu or 603.578.6912.

Stop by the Dept. of Multicultural Engagement in room 119

All ages 17+ are invited to attend—Adults friends/family members are also welcome!

NCC Students Explore the Science of Cellular Self-Regulation

On October 6, six NCC Biology students and the professor attended the Dartmouth Life Science Symposium in Hanover, NH, to learn from leading researchers about **autophagy**—the process by which cells break down and recycle damaged components to maintain cellular health.



From left to right: Dr. Debra Costa-Nino, Adanna Lynch, Hollis Fratini, Awdri Pena, Gavin Bachus-Purdin, Olivia Valente; not shown was Lily Roberge, who attended the meeting.

Presentations featured internationally recognized scientists, including Dr. Sharon A. Tooze of the Francis Crick Institute in London and Dr. James Hurley of the University of California, Berkeley, along with researchers from Dartmouth and the University of Pennsylvania. Topics included the molecular mechanisms of cell maintenance and aging, as well as the role of impaired autophagy in Parkinson's disease and other neurodegenerative disorders.

Back at NCC, students connected these concepts to **prokaryotic cells** (bacteria and archaea), which use different mechanisms to recycle cellular components, and **eukaryotic cells** (including yeast, plants, and animals), which use autophagy to maintain cellular health.

This experience brought cutting-edge research into the classroom, inspiring new connections to microbiology, molecular biology, and future student research opportunities.

WANT TO BE PUBLISHED?

Windows Magazine Submissions Now Open!

Email your work to nccwindows@ccsnh.edu by **October 31st**, 2026

Limits and Guidelines:

- One short story or essay up to 2500 words, .doc or .docx files only
- Three poems
- Two pieces of visual art .png files or high-resolution format preferred
- NO AI- generated work!



MEMBERS OF

Phi Theta Kappa and the Honors Program

ARE

Working Together



TO HELP

THE HOPE CENTER NASHUA

a rescue mission which offers transitional and emergency housing for women in Nashua who are experiencing domestic violence and other extreme challenges. They offer emergency shelter, transitional work, programs, and services, as well as a soup kitchen and food pantry.



Donations accepted from Monday, October 12th through Friday, November 13th

Donation bins located at NCC's main entrance and in the Cafeteria

ITEMS THEY WOULD MOST APPRECIATE

- Sports Bras (variety of sizes from Small to 3XL)
- Women's Underwear (variety of sizes from 5 – 12)
- Feminine razors
- Hair brushes
- Toothbrushes (not toothpaste)
- Pajamas of all sizes (long sleeve tops and bottoms)
- Umbrellas

DONATE TO THIS IMPORTANT CAUSE

to help homeless and abused women

IN THE LOCAL COMMUNITY.

Scan the QR Code to Shop Our Wishlist!

Thank You!

Nashua Community College

CAREER HOURS

Invest in your future.



OPEN TO ALL BUSINESS STUDENTS!

CAREER EXPLORATION
Discover your path.

RESUME HELP
Build a strong, standout resume.

INTERVIEW PREP
Gain confidence. Make an impact.

LINKEDIN PROFILE SET UP
Create a profile that opens doors.

FIRST & THIRD WEDNESDAY OF EACH MONTH

12:00 PM – 1:00 PM

Stop by during Career Hours and take your next step forward!

LOCATION:
STREETER HALL 2ND FLOOR STUDY AREA



FACILITATED BY
PROFESSOR ECKENRODE

PLAN TODAY. PREPARE TOMORROW. SUCCEED ALWAYS.

We can't wait to see you there!

NASHUA COMMUNITY COLLEGE

www.nashuacc.edu

STUDENT SUPPPORT SERVICES AT NCC



We support students dealing with:

- Stress, anxiety, or feeling overwhelmed
- Depression, burnout, or low motivation
- Family, relationship, or caregiving stress
- Housing, food, financial insecurity & Basic Needs
- Trauma, grief, or major life changes

How we can help:

*Coaching and Emotional Support
*Short-term counseling & crisis support
*Case Management
*Referrals to no-cost mental health providers
*Connection to community resources

All NCC students are eligible & welcomed.
Email Amy Vazifdar, MSW, Director of Students Support & Engagement at **avazifdar@ccsnh.edu**

MONDAYS AND WEDNESDAYS IN THE LIBRARY FROM 2-3:30:

SKILLSBOOST WITH RACHEL

Find it a challenge to balance work & school?

Learn strategies for:

- time management
- schedule planning
- homework strategies
- test prep

Drop in anytime from 2-3:30

10/1/26 V.4

Fall '26 Tutoring in the library

No appointments necessary

BY SUBJECT:

MATH:
- MON-WED: 9-11, 12-1PM
- TH: 9-11, 12-3:30

WRITING:
- T, W, TH: 10 -12

ANATOMY & PHYSIOLOGY:
- T: 1-3
- F: 2-4

SKILLSBOOST:
- M & W: 2 - 3:30

PHYSICS:
- TH: 2-3:30

CHEMISTRY:
WED: 11-12

BIOLOGY/CHEMISTRY
- ask in library

brainfuse
ONLINE TUTORING AVAILABLE 24/7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	MATH 9-11 Rachel	MATH 9-11 Rachel WRITING/ PAPERS 10-12 Rebecca	MATH 9-11 Rachel WRITING/ PAPERS 10-12 Carole CHEMISTRY 11-12 Rachel	MATH 9-11 Bob WRITING/ PAPERS 10-12 Rebecca	
Mid-day	MATH 12-1 Rachel	MATH 12-1 Rachel	MATH 12-1 Rachel	MATH 12-2 Bob	
Afternoon	SKILLS BOOST 2-3:30 Rachel	ANATOMY & PHYSIOLOGY 1-3 Sara	SKILLS BOOST 2-3:30 Rachel	MATH/ PHYSICS 2-3:30 Gavitt	ANATOMY & PHYSIOLOGY 2-4 Sara

See library.nashuacc.edu/home/tutoring for current schedule
Tutoring is offered from Sept 8- December 11

your LIBRARY

your LIBRARY

library.nashuacc.edu/home/tutoring

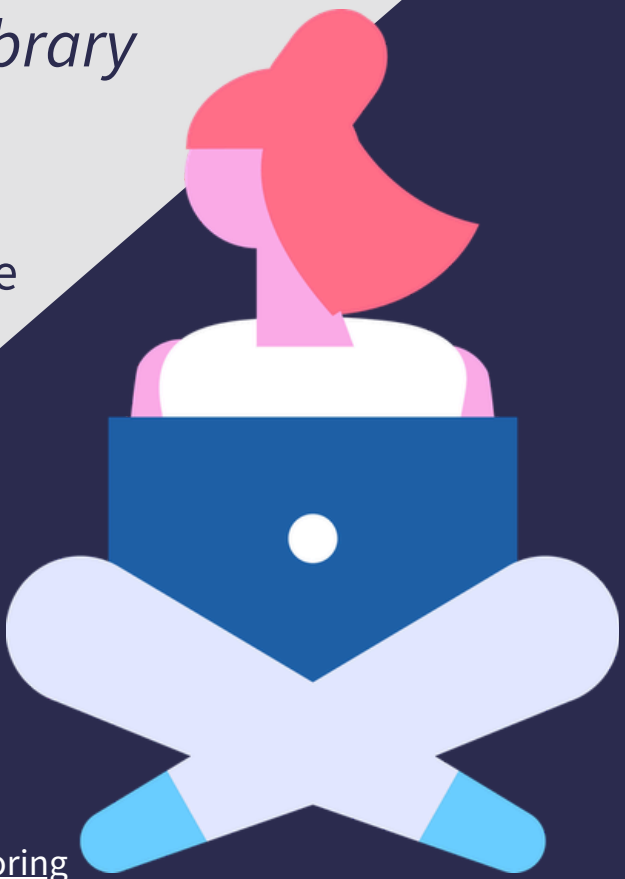
FREE in-person tutoring in the library!

Topics include:

- Math
- Writing
- Science

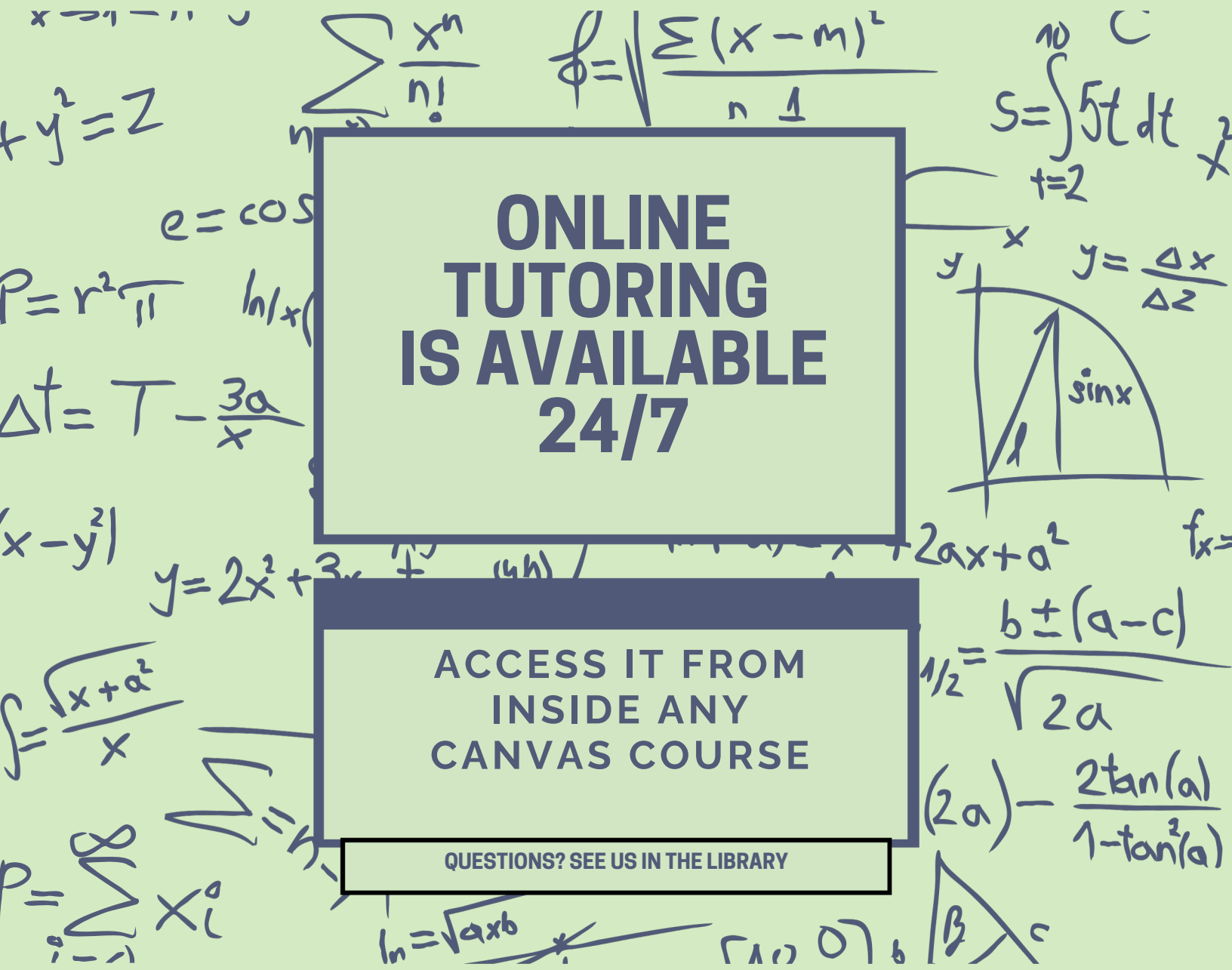
Grab the schedule in the library

24/7 Online tutoring also available in every course in Canvas



your WALTER R. PETERSON LIBRARY

library.nashuacc.edu/home/tutoring



ONLINE TUTORING IS AVAILABLE 24/7

ACCESS IT FROM INSIDE ANY CANVAS COURSE

QUESTIONS? SEE US IN THE LIBRARY

Transfer College Visits

You've got questions? We've got visitors. If you're thinking about transferring after NCC, stop by Café 505 to meet representatives from four-year colleges and universities and get your questions answered. Military representatives will also visit campus on select dates.

October visits

- **Wednesday, Oct. 7:** 12-1pm US National Guard
- **Wednesday, Oct. 7:** 10am-1pm UMass Lowell
- **Monday, Oct. 12:** 9:30am-2pm Fitchburg State University
- **Wednesday, Oct. 14:** 11am-1pm UNH-Manchester
- **Tuesday, Oct. 20:** 11am-1pm Merrimack College
- **Wednesday, Oct. 21:** 12-1pm US National Guard
- **Wednesday, Oct. 21:** (LIBRARY) 11-1 UNH-Manchester & UNH-Durham
- **Friday, Oct. 23:** 11am-1pm Sacred Heart University





Thinking About Transferring to UNH?

Wednesday, October 21 | NCC Library



Meet with transfer admissions counselors from **UNH's Durham** and **Manchester campuses** for a free, **15-minute**, one-on-one appointment. Get answers to your transfer questions and guidance on your next steps!

Schedule your appointment below to secure your spot today.

https://apply.unh.edu/portal/joint-ncc-advising

University of New Hampshire

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

NCC Partners with UsafeUS to provide awareness, prevention, and resources for all of our students!



OCTOBER is Domestic Violence AWARENESS MONTH

bridges
domestic & sexual violence support

BRIDGES IS THE LOCAL CRISIS CENTER WITH A 24 HOUR HOTLINE: 603-883-3044 OR YOU CAN CHAT LIVE AT WWW.BRIDGESNH.ORG





the YMCA *is* HIRING

Here are some of the open roles that would be great for college students:

- Aquatics Coordinator - YMCA of Greater Nashua
- Lifeguard - Merrimack/Nashua - YMCA of Greater Nashua
- Swim Instructor - YMCA of Greater Nashua
- Youth Sports Instructors - YMCA of Greater Nashua
- Gymnastics Instructor - YMCA of Greater Nashua

LEARN, GROW AND THRIVE

With a career at the Y



Scan here to learn more!



NH UNITED WAYS 2026 COAT DRIVE



Monadnock UNITED WAY | GRANITE UNITED WAY | United Way of Greater Nashua

Make a difference across New Hampshire by participating in the United Ways Coat Drive. Donate new and like-new coats for children and adults to help someone stay warm during the cold winter months.

Learn More

September 15 through October 23 2026

Find collection bins at:

Your local Eastern Bank NH branch (Nashua, Concord, Salem, Manchester, Bedford, Stratham, North Hampton, Portsmouth, & Dover)

The NH Fisher Cats Delta Dental Stadium (1 Line Dr, Manchester, NH)

For more information, contact:

Kerry Folkins at Kerry.Folkins@graniteuw.org

Special Thanks to Our Community Partners!

cleary since 1929 | Eastern Bank | HARVEY | New Hampshire Fisher Cats | Lonza

nh healthy families | Kennebunk Savings PURPOSE DRIVEN. | RE/MAX Matt Martel | Londonderry Rotary Club Foundation | Seacoast Movers

NH UNITED WAYS COAT DRIVE
Collection Site Guide

Monadnock UNITED WAY | GRANITE UNITED WAY | United Way of Greater Nashua

Thank you for being a coat collection site for the 2026 NH United Ways Coat Drive!
Here are some tips to help your drive be safe & successful.

Set Up Your Collection Box

- You have been provided with collection boxes, plastic bag liners, and signage
- Please line the collection box with clear plastic bag provided, and affix with the signage provided
- Please place the collection box in a high visibility area

Promote & Collect

- The coat drive runs from September 15th - October 23rd
- Take a photo of your collection box and post to social media to promote donations. Be sure to tag Granite United Way, United Way of Greater Nashua and Monadnock United Way.
- Promote the coat drive within your workplace through email & other communications

If you are volunteering to sort and bag, we suggest the following steps:

- Wear gloves for safety
- For like-new coats, please be sure the pockets are empty for dry cleaning.
- Separate leather, suede and items other than winter jackets for donation elsewhere
- If like-new jacket donations are overly worn, have holes, or broken zippers, please dispose of them

Next Steps & Wrap Up

- Coordinate with your regional United Way contact for coat pick up weekly or biweekly based on amount of donations
- Once coats are cleaned, we will need volunteers to help sort and bag cleaned coats per region for delivery
- All coats will be distributed throughout the community by early November.

For Additional Information

Please contact Kerry Folkins at Kerry.folkins@graniteuw.org

Special Thanks to Our Community Partners

cleary | Eastern Bank | HARVEY | Fisher Cats | Lonza | Londonderry Rotary Club Foundation | nh healthy families | Kennebunk Savings | RE/MAX Matt Martel | Seacoast Movers



Have You Served in the Military?

SERVICES PROVIDED LOCALLY | FREE AND CONFIDENTIAL | FOR ALL WHO HAVE SERVED IN THE MILITARY AND THEIR FAMILIES

Veterans Count

Easterseals New Hampshire's Veterans Count provides a safety net of critical case management and emergency financial assistance to meet the unexpected needs of service members, Veterans, and their families.

Veterans Count offers support and services around:

- Mental Health Counseling
- Housing Stabilization
- Substance Use Treatment Coordination
- Benefits and Resource Connection
- Emergency Financial Assistance

Available for all who have served in the military, regardless of service era, discharge status, or VA eligibility.

Please Contact Us to Learn More

Let's talk about how we can meet your needs.

To request Veterans Count Services, please contact our Program Coordinators at intake@vetscount.org or call 603.315.4354.

To learn more about Veterans Count, visit VetsCount.org.

VETERANS COUNT®
easterseals·nh

Easterseals NH Veterans Count
603.315.4354
intake@vetscount.org
VetsCount.org
555 Auburn Street | Manchester, NH 03103