



Breathe through Stress: FREE workshop open to students and staff on Thursday, March 15, VLH 117 from noon - 1:00 p.m. Learn tips and techniques to recognize and react to stress to find safe and healthy ways to release tension in the moment. Led by Paige Trisko, registered yoga teacher-500, advanced therapeutic yoga and functional movement instructor. For questions or to reserve your space at the workshop, call 989.358.7329 or email triskop@alpenacc.edu. No special materials or clothing necessary. Come as you are.

Recovery Yoga: An alternative pathway to substance addiction and healing trauma with adjunct instructors Desiree Nowaczyk and Paige Trisko. Fridays from 10:30 - 11:30 a.m. in BTC 201 (upstairs across from the Lumberjack Shack). Classes will continue through May 11 for the semester; no class on Fridays, March 2 or March 30. All abilities, shapes, and sizes are welcome. Yoga mats and props are provided. Questions, contact yoga.w.paige@gmail.com or find Recovery Yoga Alpena on Facebook. This FREE class is sponsored by the Give Back Yoga Foundation and Gaiam.

DID YOU MISS THE DEADLINE TO APPLY FOR GRADUATION? It's not too late. Applications are still being accepted for Spring 2018 Graduation. If you are completing a degree or certificate program this semester, please be sure to complete a Request for Graduation form. You can apply through your WebAdvisor account using the "Application for Graduation" link. If you prefer, the form can be picked up at Campus Services (VLH 108) or at Huron Shores. If you applied for an early graduation audit, you need not submit another application. If you have questions, contact Lori Dzieszinski, Registrar, in VLH 108 or call 989.358.7353.

ACC Prospective Players Meeting:

The Alpena Community College ACHA DIV. III Lumberjack Hockey team will be holding a meeting for Prospective Players for the 2018/2019 season. The meeting will be in the lobby at Northern Lights Arena on February 9th at 5:00 p.m. The meeting will take place just prior to our last home games of the season against School Craft College, which has a 7:00 p.m. game time.

This meeting is being held to see if we would have enough ACC student/athletes to field a team for next season. This meeting is extremely important. Without enough committed players, we would not be able to field a team for next season. I need to have an answer for the league and ACC prior to March 1, 2018. So if you or any student you know who will be attending ACC in the fall and would like to play hockey for the college, please come to the meeting.

If you have additional questions, please contact Team Manager, David Guzman at:
email: info@northernlightsarena.com
phone: (989) 358-0652

ACC Bookstore In-Store Sales:

February 12-15
February 16



9:00 a.m. to 5:00 p.m.
9:00 a.m. to 2:00 p.m.

LOTS OF clearance items!!

College Transfer Representatives on ACC Campus

University transfer reps will be available to meet with interested students & staff in the Besser Technical Center (outside Bookstore unless otherwise noted) **Please note:** The following campus visit for SVSU has been changed to the below date and time.

- Saginaw Valley State University – Monday, April 9, 10:30am-1:30pm