The Tempest takes to the Mainstage

Red Deer College invites central Albertans to join us on the Mainstage for *The Tempest*, by William Shakespeare. *The Tempest* is considered one of Shakespeare's greatest works.

Neither tragedy, nor comedy, the play is sometimes classified as a romance because of its concentration on family, reconciliation, and the divine power of mercy to end conflict.

Cast away on an enchanted isle, the once powerful Prospero struggles to raise his daughter Miranda in this new world. Together with the mythical inhabitants of the island, he uses the magic he has studied to raise a storm and wreak havoc upon his oppressors. Monsters, lovers, shipwrecked fools and airy spirits confound each other as worlds collide.

In the end, can Prospero discover how to become a benevolent benefactor of those he has oppressed? Humility and the power of love transcend vengeance and hatred, showing us that together we can create a better humanity and that "we are such stuff that dreams are made of".

THE 411

*The Tempest* Mainstage, Arts Centre

Evenings: February 4-6 & 10-13, 7:30 p.m. Weekend Public Matinees: February 6 & 13, 1 p.m. School Matinees: February 5 & 10, 12 p.m.

Performances are suitable for teens and adults. Tickets are on sale now for this and all RDC's performances in the School of Creative Arts. Purchase tickets online at www.bkticketcentre.ca or by calling 403-755-6626.

Draft is published every second Thursday during the academic year by the Students' Association of Red Deer College. The contents of this publication do not necessarily represent the opinion or policy of SARDC.

Comments and submissions from any member of the RDC community are welcome. Deadline for submissions is 10 days prior to publication. Submissions may also be used on the SA website at www.sardc.ab.ca.

Submissions must: include the name and phone number of the writer and a valid student ID number, if applicable*. Submissions must not: be submitted by or for an external for-profit organization seeking free advertising, be judged by the Draft staff to be obscene, pornographic or libelous. Submissions which are blatantly racist, sexist or designed to promote hatred of any person or group are discouraged. However, all submissions will be judged as to their validity as a student/staff/faculty opinion, their newsworthiness, their print worthiness, their intent and/or their humour content. Final determination of content rests with the editor.

Draft reserves the right to edit for brevity, clarity and content. Names of writers using pseudonyms will be given out on a need-to-know basis.

Draft is located on the second floor of the Students' Association building, above the Far Side Bar & Grill.

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Contribute to Draft!

Want to meet new people?
Want to find out what's going on?
Want to share your thoughts and ideas?

Email thedraft@telus.net
Phone 403.359.4979
Visit Anne in the SA office

Far Side GRILL

It's your place

Draft 100 College Boulevard
Red Deer, AB T4N 5H5
Phone: 403 356-4979
Email: thedraft@telus.net
“We all carry a secret that would break your heart if you just knew what it was. And if we could remember that, there might be more understanding and peace in the world.”

– Frank Warren

Frank Warren is the most trusted stranger in North America. He’s creator of the The Post-Secret Project, a place where people share their private hopes, desires and fears. A place where the secrets they could not tell their friends and family would be treated with dignity in a non-judgmental way.

The result is PostSecret – a collection of intimately personal and artistic postcards mailed anonymously from individuals worldwide, sharing personal secrets. The PostSecret website has become a phenomenon earning over 700 million views, the world’s largest advertisement-free blog. The popularity of the project and its impact has earned Warren recognition as one of the top five influential people on the internet by Forbes.

Warren will share some of his extraordinary stories and secrets and listen to ours Thursday, February 4 as he brings PostSecret Live! to Red Deer College Cenovus Learning Common.

This event, presented by the Students’ Association’s Mental Health Initiative, is free of charge for Red Deer College students. Tickets can be picked up at the Students’ Association office. Limited tickets available.

THE DETAILS

What: Frank Warren’s Post-Secret Live!

When: Thursday, February 4. Doors open at 5 p.m. Event begins at 5:30 p.m.

Where: Red Deer College Cenovus Learning Common

Tickets: Free of charge for RDC students. Available at the Students’ Association office.

Limited tickets are available.
Why is the plan mandatory?
With a mandatory plan, the insurance risk is spread over a larger number of students, thereby lowering the cost per student, making the fee in a range that is affordable to students. The health and dental benefit plan is mandatory for all full time (minimum nine billable credits) students who do not have other comparable extended health and dental coverage.

Why can’t I opt out in January if I am a September start student?
As this is an annual plan (September 1 to August 31), students are given a period of time to opt-out or add family at the beginning of the policy. After that period, the policy is activated, and we are unable to make changes to the policy until the anniversary date. To alleviate the financial stress on the student, the plan fee is assessed in two payments, fall and winter terms.

Is this plan the same as my provincial health care?
No. The Student Benefits Plan is an extended health and dental plan, which supplements your existing provincial health care. It DOES NOT replace your provincial health care. Student benefits are payable after any provincial health care benefits have been exhausted. This plan does not cover user fees.

How do I pay the fee?
The fees for the health and dental plans will be assessed automatically by the institution at registration if you meet the eligibility criteria previously listed.

Who do I contact for claims related issues?
Students must contact Great West Life customer service (1-800-957-9777) directly to inquire about payment status and claims history details. Your Benefit Plan Office does not have access to your claim details.

Who do I contact for eligibility and enrolment inquiries?
Students must contact the SARDC Student Benefits Plan Office for eligibility and/or enrolment status.

What if I already have coverage?
You can co-ordinate your two benefit plans to increase your coverage up to a total of 100 percent of the actual expenses occurred.

Opting Out of the Student Benefits
If you are an eligible student and have comparable health and/or dental coverage you may apply to opt-out of the benefits.

Each student is given ONE opportunity to opt-out of the benefits under the health and/or dental plans each year. All Opt-Out Forms must be completed online or through the SARDC Student Benefits Plan Office and must be received by the applicable deadline.

If you have any questions regarding your Extended Health and Dental Benefits, please contact Karen Krasowski, Room 2010A in the Students’ Association; phone 403-356-4982; email reddeerplan@mystudentplan.ca; website www.mystudentplan.ca (choose Students’ Association of Red Deer College).
Student life can be stressful at times. Many students face constraints of limited budgets, pressures of work-school-life balance, weight of nagging deadlines and looming exams coupled with anxiety, loneliness and other issues.

In recognition of these pressures, the Students’ Association of Red Deer College introduced its Mental Health Initiative aimed at promoting a positive atmosphere in which mental health can be explored and enhanced. The initiative is supported by funding from the Alberta Campus Mental Health Initiative Fund (ACMHI).

Through its Mental Health Initiative, the SA hosts mental health awareness events each term. The events are designed to give students a break and to help encourage discussion of mental health.

**MENTAL HEALTH WEEK ACTIVITIES**

- **Monday, February 1**
  - Stigma Stick activity: break your stigma and symbolically break the hold of stigma
  - Pro/Con Board
  - Free Mac and Cheese Lunch

- **Tuesday, February 2**
  - Breakfast at Donald School of Business
  - Bracelet making and colouring: Take a break and unwind while creating something
  - Free snacks

- **Wednesday, February 3**
  - Tea Talk: Relax, have some tea and meet new people
  - Yoga
  - Games
  - Free snacks
  - Lantern Night

- **Thursday, February 4**
  - Finger painting: Take a break and unwind while creating something
  - Speaker event: Frank Warren, sole founder of the PostSecret Project, will share his stories and secrets and listen to ours. This is a ticketed event; tickets are free for RDC students. Limited tickets available.

- **Friday, February 5**
  - Free breakfast in the Far Side Bar & Grill

**Week of January 25**

Riley Friesen – Kings Volleyball
Hometown: Calgary
Year/Program: third year Open Studies

Riley Friesen, who joined the Kings during the Christmas break, put up impressive numbers in a pair of weekend victories against the spirited Briercrest Clippers.

The six-foot-seven Calgary native made his first start as a King on the right side Friday and accumulated 11 kills, an ace, four digs and three blocks. He followed that up Saturday with 19 kills, two aces, seven digs and three blocks and was named the RDC player of the match.

Miranda Dawe – Queens Volleyball
Hometown: Grande Prairie
Year/Program: third year Kinesiology and Sports Studies

Despite a 3-1 loss to the Clippers Saturday, she was outstanding with 10 kills, three aces, 22 digs and a block. Overall she showed why she is capable of being one of the team leaders with strong play both offensively and defensively.

**Week of January 18**

Kelsey Tymkow – Queens Volleyball
Hometown: Edmonton
Year/Program: fourth year Kinesiology

Kelsey Tymkow stepped up to be a team leader as the Queens opened the second half of their schedule with a pair of tough games on the road in Medicine Hat.

She was outstanding all weekend on serve receive, defensively and offensively. She picked up one player of the game award and finished the seven sets with 17 kills, two aces, 27 digs and three blocks.

Nic Dubinsky – Kings Volleyball
Hometown: Calgary
Year/Program: fifth year Business

Nic Dubinsky left off where he finished the first half of the season, leading the Kings to a pair of wins at Medicine Hat. He led the Kings to a tough 3-2 win on Friday, finishing with 20 kills, 11 digs, three aces and a block.

Despite injuring his shoulder towards the end of the third set in Saturday’s 3-1 win he had 12 kills, nine digs and two blocks.
Second in a two-part series

You may be hearing a lot about electronic smoking products (ESPs) lately, which are also called electronic nicotine delivery systems (ENDS), electronic cigarettes, e-cigarettes or vaping pens.

Because ESPs have not been fully tested for safety, quality and effectiveness, Health Canada warns Canadians not to purchase or use these products. Alberta Health Services supports Health Canada’s position and warnings.

Whether or not you choose to use them, you should know that there are safety issues to think about, especially if you have children.

GATEWAY TO ADDICTION

Nicotine is a powerful and highly addictive drug. People may try these products believing they are nicotine-free or harmless—they don’t expect to develop an addiction to nicotine.

This is especially a concern for teens who would otherwise choose to be tobacco-free. Teens that become addicted to the nicotine may move on to using traditional tobacco products.

We know children learn behaviours from the adults in their life. When kids have family members or friends who use tobacco, they have a much higher risk of using themselves. Although research in this area for ESP use is needed, being open to talking about the harms of these products with children can make all the difference. Listen to what your child has to say and ask them about the challenges they may be facing. The pressures kids face to try tobacco and tobacco-like products continues from youth to adulthood, so you may have this conversation many times.

WHAT ABOUT QUITTING?

We don’t have enough evidence about the potential benefits of using an ESP for smoking cessation. More research is needed. If you’re thinking about using an ESP to help you quit smoking, think about using an approved nicotine replacement therapy (NRT) option instead.

There are several over-the-counter NRTs and prescription medications that have been clinically tested and approved by Health Canada to assist tobacco users to reduce or quit, such as the gum, lozenge, inhaler, spray and patch. There is other medicine available as well. Talk to your doctor or pharmacist about what’s best for you. The proper use of NRTs, combined with getting support from a trained health professional, will double your chances of success.

Quitting is possible. For information and support, contact AlbertaQuits at 1-866-710-QUIT (7848) or visit albertaquits.ca.

This is the second article in a two-part series. The first installment appeared in the December 2, 2015 issue of Draft. This information is provided by Alberta Health Services.
The RDC Cross Country Running team trains year round and part of our training is preparing for and competing in the ACAC Indoor Track Program. There are two preliminary meets, Jan. 16 in Lethbridge and Feb. 6 in Edmonton followed by the ACAC Championships Feb. 26 and 27 in Calgary.

The ACAC Indoor Track program is effectively an extension of the Cross Country Running program and includes primarily long sprint and middle distance events: 300 m, 600 m, 1000 m, 1500 m, 3000 m, and 4x400 m relay. There were no 3000 m events in the Lethbridge meet but there will be in the next two meets.

This meet, hosted by Lethbridge College Kodiaks, Saturday, January 16, included primarily College and a few Open runners. ACAC points were awarded based on the positions of College runners with Open runners excluded. Each College can earn points in each individual event for a maximum of 2 runners and one team in each Relay.

Several Colleges, including RDC, had incomplete teams. It's early in the ACAC Indoor Track season and it's a long day (or more) getting to Lethbridge and back in winter weather. I expect better turnouts for the next two meets.

Overall, the RDC Women placed fourth, the Men also placed fourth, and RDC was fourth overall.

Individually, Jordanna Cota (600 m) and Jonathan Allan (300 m) had third place finishes. The RDC Women's A 4 x 400 m relay team was also third. Nolan Dyck (1000 m) had a fourth place, Amy Severtson (1500 m) had a fifth place, and Haley Kitt (600 m) had a sixth. Melissa Ray (1500 m) and Keelan Ellerby (300 m) had eighth place finishes.

Ten points are awarded for first, eight for second, six for third, and five, four, three, two and one, respectively for fourth, fifth, sixth, seventh, and eighth places. Teams results are fairly heavily-weighted towards Colleges with first- and/or second-place finishers.

<table>
<thead>
<tr>
<th>WOMEN'S 300 M:</th>
<th>MEN'S 1500 M:</th>
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<tbody>
<tr>
<td>1. Caylee Vogel (LCK) 43.01</td>
<td>1. Kirk Sundt (CUE) 4:16.05</td>
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<td>no RDC runners in this event</td>
<td>no RDC runners in this event</td>
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<tr>
<th>WOMEN'S 600 M:</th>
<th>MEN'S 1500 M:</th>
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<tbody>
<tr>
<td>1. Caylee Vogel (LCK) 1:41.62</td>
<td>1. Kirk Sundt (CUE) 4:16.05</td>
</tr>
<tr>
<td>3. Jordanna Cota (RDC) 1:52.30</td>
<td>no RDC runners in this event</td>
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<tr>
<td>6. Haylee Kitt (RDC) 1:59.23</td>
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<td>9. Tara McDonald (RDC) 2:14.38</td>
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<tr>
<th>WOMEN'S 4X400M RELAY:</th>
<th>MEN'S 1500 M:</th>
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<tbody>
<tr>
<td>1. LCK 4:21.90</td>
<td>1. Kirk Sundt (CUE) 4:16.05</td>
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<tr>
<td>3. RDC A (Kitt, Szymanek, Severtson, Cota) 4:50.36</td>
<td>no RDC runners in this event</td>
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<td>4. RDC B (McDonald, Ackerman, Ray, Mears) 5:31.96</td>
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<tr>
<th>MEN'S 600 M:</th>
<th>WOMEN'S 1000 M:</th>
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<td>no RDC runners in this event</td>
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<tr>
<th>WOMEN'S 1000 M:</th>
<th>MEN'S 1000 M:</th>
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<tr>
<td>1. Emily Lucas (LCK) 5:11.50</td>
<td>1. Kirk Sundt (CUE) 2:47.92</td>
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<td>8. Melissa Ray (RDC) 5:55.23</td>
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<td>9. Lauren Mears (RDC) 6:08.68</td>
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<td>11. Laura Szymanek (RDC) 6:22.78</td>
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<tr>
<td>12. Kaylin Ackerman (RDC) 7:04.37</td>
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Abbreviations: ACAC (Alberta Colleges Athletic Conference), AUG (Augustana Campus of the University of Alberta), CUE (Concordia University of Edmonton), GPRC (Grande Prairie Regional College), LCK (Lethbridge College Kodiaks), MU (MacEwan University), RDC (Red Deer College), SAIT (Southern Alberta Institute of Technology).
Thursday Live Concert set for February 4

The Lift proudly brews Doi Chaang coffee - sustainable, organic, fair.
Hashtag RDC Curling Hashtag

Slowly crisping freezing,
Over,
This my crystal mesa:
Tabletop of mine opponent’s doom.

Pale blue corpses frozen,
Amidst this field of battle:
All over spattered with red,
Blood red trickling down,
Trickling in; overcoming.

Back and forth the frantic sway,
Drawing near these fool’s pawns lay.

Honing a most covetous ritual,
The weight controlled,
The rock it curls.

~Cyril C. House

Did You Know …

Money spent at The Lift
directly benefits students.

All SA businesses take pride in
employing students, making the
SA and its businesses one of the
largest employers of students on
campus.

In addition proceeds from
SA businesses, including The Lift,
help support scholarships and
services for students.

Draft loves creative writers, artist and photog-
raphers. Submit your creative words, your latest
drawing, or photograph to thedraft@telus.net and
you could be featured in the next Creative Corner.

WEAR YOUR
RDC ALUMNA
STATUS
WITH PRIDE!

Purchase your RDC Alumni bracelet charm today. Email alumni@rdc.ca

THREE DISTINCT STYLES:
- Cast Grad Year
- Big Bling
- Engravable

Student Food Bank

The Student Food Bank was established in 1995 to deal with student hunger and poverty. Today, almost every university and college campus in Canada has a food bank.

If You Need a Hamper...
Call the Student Financial Aid office at 403-542-9254 or drop by their office in Room 1102, from 9 a.m. to 3:30 p.m. Monday, Tuesday, Thursday, Friday, and 10:30 a.m. to 3:30 p.m. Wednesday.

Clients are required to be a member of the Students’ Association of Red Deer College and are requested to bring a valid up-to-date ID card when picking up the requested hamper. The hampers will be made available as quickly as possible, however, we retain the right to request that a client wait 24 hours before the hamper is made available.

Any personal information we collect is kept confidential.

If You Would Like to Donate...
Donations of unopened, non-perishable food items and cash are, of course, needed and very much appreciated.

Donations can be dropped off at the SA office, added to the Student Food Bank ‘soup cans’ around campus, or in the case of food donations, placed in the Food Bank Collection Box located by the Main Gym.

Donations gratefully accepted. All donations help support the SA Student Food Bank.

Students’ Association of Red Deer College
Room 2016 Phone 403-542-3200
NORTH OF 49 appears only in the print version of Draft.

Pick one up today — available on the RDC Main Campus & at the Donald School of Business

At the bar …

MONDAY: BUCK OFF DAY
All alcoholic drinks are $1 off

TUESDAY: KARAOKE NIGHT
$3.25 gun Vodka or Rum

WEDNESDAY: RYE DAY
Jack Daniels or Crown Royal Highball

FRIDAY: FINALLY FRIDAY
Canadian & Coors Light Jugs $11.25

SEPT. 16: COMEDY NIGHT
$5 at the door, 9 pm. start

On the grill …

you want …

s sandwich, a burger, poutine, sweet potato fries, a breakfast burr, a bowl of soup, chicken fingers, spicy fries, fish and chips …

it’s at the Far Side Grill

Please always drink responsibly.

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Pick one up today — available on the RDC Main Campus & at the Donald School of Business

48 Tater 97 Spur 6 Boating blades 55 Clothing 72 Steeped leaves 91 Cobs 112 Côte d’Azur resort
50 Actor Kenneth (“The Aviator”) 99 Whiz 7 Succinct 58 St. John’s summer hrs. 73 Weep 94 Yawn-inducing 114 Aim of PR
54 Zone 102 Ear of corn 8 Win over 61 Wrongdoing 75 Unruly horde 96 Remained 117 Informal greeting
56 The ___ Hatter 104 Lethbridge’s prov. 9 Fitting 63 Town of 83A with 76 Unforeseen difficulty 98 Dunked 118 The ___’s the limit
91 Cobs 72 Steeped leaves 94 Yawn-inducing 61 Wrongdoing 96 Remained 118 The ___’s the limit
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EVENTS

MENTAL HEALTH WEEK kicks off Monday, February 1. Activities include Stigma Sticks, Lantern Night, Frank Warren’s PostSecret presentation, Tea Talk, bracelet making, colouring, games, and lots of free snacks. Watch for details!

UPCOMING KINGS AND QUEENS HOME GAME ACTION: Friday, January 29 – Basketball vs Ambrose, Queens at 6 p.m., Kings follow; Saturday, January 30 – Volleyball vs Ambrose, Queens at 6 p.m., Kings follow; Thursday, February 4 – Queens Hockey vs SAIT, Red Deer Arena, 7 p.m.; Friday, February 5 – Volleyball vs Lethbridge, Queens at 6 p.m., Kings follow; Saturday, February 6 – Volleyball vs Lethbridge, Queens at 1 p.m., Kings follow; Kings Hockey vs SAIT, Penhold Multiplex, 7 p.m.

THURSDAY LIVE CONCERT, Thursday, February 4, Arts Centre Studio A, 1 p.m. $2 at the door.

THE TEMPEST opens Thursday, February 4, Arts Centre Mainstage, 7:30 p.m.

POLITICAL SCIENCE SOCIETY TOGA PARTY, Thursday, February 4, Far Side Bar & Grill, 7:30 p.m. Ticket prices: $5 advanced (selling in early February around the college) and $8 at the door. Activities: costume contest and cupcake throw at political leaders. Dress code: Toga strongly encouraged!!

STUDENT SERVICES

SEMESTER BUS PASSES and maps are available at the Students’ Association office, Room 2010.

NEED TO SEND A FAX? Drop by the Students’ Association office. Rates are $1/page within Alberta; $1.50 per page within Canada; $3/page International. All prices are plus GST.

SCHOLARSHIPS

DR. GARY MCPHERSON LEADERSHIP SCHOLARSHIP: If you are a student who has demonstrated outstanding leadership, especially in the area of disability, and/or initiative to improve the condition and lives of others, then apply for the Dr. Gary McPherson Leadership Scholarship! Application forms are available at the RDC Student Funding & Awards Office (Room 1102). The deadline to submit applications to the Student Funding and Awards Office is February 15, 2016. Contact Lisa Misanchuk at (403) 357-3641 or by email lisa.misanchuk@rdc.ab.ca for more information.

LAURENCE DECORE AWARD FOR STUDENT LEADERSHIP: If you are a student who is involved in student government, student societies, clubs or student organizations at the provincial or national level or in non-profit community organizations, you should apply for the Laurence Decore Award for Student Leadership! Application forms are available at the RDC Student Funding & Awards Office (Room 1102) or the Students’ Association (Room 2010). The deadline is February 15, 2016. Contact Lisa Misanchuk at (403) 357-3641 or by email lisa.misanchuk@rdc.ab.ca for details.

STUDENT AWARDS WITH LEADERSHIP CRITERIA: Take a few minutes and nominate a post-secondary student, who demonstrates outstanding dedication and leadership to fellow students and to their community, for a scholarship! Application forms for the following awards are available at the RDC Student Funding & Awards Office (Room 1102), the Students’ Association Office (Room 2010) or the Donald School of Business (3rd Floor):

- Students’ Association of Red Deer College Outstanding Dedication Award
- Students’ Association of Red Deer College Student of the Year Award
- Students’ Association of Red Deer College Student Volunteer Award
- Students’ Association of Red Deer College – Terry Wood Scholarship

Deadline for submission to the Student Funding Office is March 1. Contact Lisa Misanchuk for more information at (403) 357-3641 or by email lisa.misanchuk@rdc.ab.ca for more information.

SUPPORT GROUPS

STRUGGLING WITH AN EATING DISORDER? You aren’t alone. The Eating Disorder Support Network of Alberta (EDSNA) is a non-profit organization dedicated to providing meaningful support to those affected– directly and indirectly-- by eating disorders. EDSNA offers professionally-facilitated support groups 12 times a year in Edmonton and 12 times a year Red Deer. To learn more about EDSNA and its services, please go to http://www.eatingdisordersupportnetworkofalberta.com/

ARE YOU READY TO QUIT SMOKING? AlbertaQuits Online. Unique member tools, interactive quit plans, and a supportive community of quitters to help you quit. Free web-based support 24/7. Anytime. Anywhere.

ETCETERA

TOBACCO USE on campus is restricted to specific designated outdoor smoking areas. There are 10 on campus. All Designated Smoking Areas have cigarette receptacles. Please don't litter. Smoking Cessation help is available in the Health Safety Wellness Centre in Room 901.

SARDC WAS CREATED BY STUDENTS, for students. We are here to advocate for you and to offer opportunities to get involved, volunteer and experience all the adventures of college the best way possible. To find out more drop by the SA office, call 403-342-3200 or email information@sardc.ab.ca
PostSecret Live!

February 4, 2016 | Red Deer College Cenovus Learning Common
Doors open at 5 p.m.; Event begins at 5:30 p.m.

Pick up your FREE ticket today @ Students’ Association office

LIMITED TICKETS AVAILABLE

“We all carry a secret that would break your heart if you just knew what it was. And if we could remember that, there might be more understanding and peace in the world.”

- Frank Warren