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PEER TUTORS WANTED

For Upgrading students with marks in the 80s:

Consider helping your fellow students by becoming a peer tutor in our 5th Floor Tutorial Centre. Positions earn a \$10/hour honorarium, letters of recommendation, and valuable teaching experience.

Become a member of a great team, help your peers, and earn some pocket money.

The Students' Association of NorQuest College

Room # 121, 10215 - 108 Street
Edmonton AB T5J 1L6
Phone: 780.644.6250 or 780.644.6252
Email: students.association@norquest.ca
Visit: www.norquestsa.com

The Quest student newspaper is produced by the Students' Association of NorQuest College for students at NorQuest College. Submissions can be emailed to students.association@norquest.ca. Please note that articles may be edited for content and length.

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Your Students' Council



Starting school can be a little overwhelming. We know, we've been there. To help you navigate through your first month as a student we've put together a list of frequently asked questions:

Question: *I am looking for a place to live. Where should I look?*

Answer: If you are looking for a roommate or a place to live The Students' Association's Off-Campus Housing Registry is the place to go. Check out the listings at rentingspaces.ca.

Question: *Where is the bookstore? library? cafeteria?*

Answer: The bookstore is located in the basement of the main building. The library is located in the Learner Centre on the 5th floor of the main building. The cafeteria is located in the basement of the main building.

Question: *Is there parking on campus?*

Answer: There is limited parking available for students at NorQuest on Students interested in parking on campus, can go to room # 201 Campus Operations for more information.

Evening Parking

The lot north of the Main Building at the Downtown Campus is free to evening students after 4:30 p.m

Handicapped Parking

Students who have handicapped designation from an Alberta Registry can apply for a designated parking stall through Business Services in Room A-026. Proof of current designation (pink slip) must be provided when applying for handicapped parking. Monthly parking charges apply, and vary according to the parking lot.

Question: *Is there a gym at NorQuest?*

Answer: There is not a gym on campus but you can purchase discounted YMCA passes from the Students' Association in #121. You get an eight visit punch pass for only \$10.

Free Art Classes for Students

Discover Explore - Create

Join us every Tuesday @ 3:45
from September to April

for more information go to:
www.norquestsa.com



Students' Association
of NorQuest College

**Your
Students'
Council is
here for
YOU!**

The Students' Association is a student-led organization that provides you with meaningful ways to get involved and exceptional services so you can get the most out of your student experience. We are proud to celebrate and promote the unique diversity that exists at NorQuest and are committed to building a strong, vibrant and respectful community of learners on campus.

The Students' Association is the official voice of students at Nor Quest. We focus on student advocacy and representation by protecting your rights and interests by providing a student perspective and speaking up on your behalf on matters that affect you.

You are represented at: Students' Council, Board of Governors, and Academic Council.

The Students' Association also wants you to have a good time while you're here, so we offer numerous opportunities for you to really get involved on campus and have best student life experience possible. Stop by our office and check out how you can get involved in campus life at NorQuest.

Time to get moving...

Student YMCA

**8 visit passes
only \$10**

Available in room #121



Students' Association
of NorQuest College



Students' Association of NorQuest College

Week of Welcome

Carni-Wow August 31st September 3rd

The Students' Association's travelling carnival will be touring all of the downtown buildings with freebies and information about your Students' Association. Make sure that you stop by and see us.

Souper Lunch & Free Store September 7th 11 am - 1 pm

The Students' Association wants you to have a souper day. Join us on the South Patio to find out about our awareness weeks and support services, including our new monthly Souper Lunches.

Student Services Fair September 8th 10 am - 1 pm Cafeteria (Basement)

Get information about all the student services available here at NorQuest.

Fresh Meet 9th & 10th

Stop by, relax, and have some fun. Fresh Meet runs September 9 and 10 on the front lawn at City Centre Campus of MacEwan from noon to 7 p.m. each day. It's two days of music and activities in a festival environment, all in your own backyard. Admission is Free with your NorQuest ID.

The lineup includes:

September 9

12 to 1 p.m. Dubbs
1 to 1:30 p.m. DJ
1:30 to 2:30 p.m. Drum circle
2:30 to 3 p.m. Sport and Wellness
3 to 4 p.m. 5 Alarm Funk
4 to 4:30 p.m. DJ
4:30 to 5:30 p.m. These kids wear crowns
5:30 to 6 p.m. DJ
6 to 7 p.m. Christian Hansen and the Austics

September 10

12 to 1 p.m. Maurice
1 to 1:30 p.m. Sport and Wellness
1:30 to 2:30 p.m. Consonance
2:30 to 3 p.m. DJ
3 to 4 p.m. TBA
4 to 4:30 p.m. DJ
4:30 to 5:30 p.m. The Dudes
5:30 to 6 p.m. DJ
6 to 7 p.m. Ten Second Epic



BACKPACKS - BACK TO SCHOOL WITHOUT BACK PAIN

If loaded too heavy or worn improperly, over time backpack use may lead to:

□ Improper alignment and/or spinal compression putting the back at risk of injury - One study found there was increased pressure center displacement with loads greater than 10% BW (Brazilian Journal of Physical Therapy, 2008). Postural deviations at the head and trunk e.g. lumbar hyperextension, can put soft tissues at a biomechanical disadvantage, making the individual more vulnerable to fatigue and injury (Goodgold et al, 2002)

□ Compression or stress on the shoulders and neck causing neurological symptoms such as numbness and/or tingling in the arms or hands – wearing a backpack that is too heavy or over only one shoulder can lead to muscle spasms; neck, shoulder, and back pain; upper extremity parasthesias; and postural deformities.

(Pediatric Physical Therapy, 2002; Journal of Pediatric Orthopaedics, 2008).

□ Abnormal posture leading to lower back, neck and shoulder strain and fatigue – Mackie and Legg found that posture, rate of perceived exertion, ability to walk and muscular strain were significantly affected when backpack loads reached 10% BW (Ergonomics, 2008).

Backpack-Smart Tips to Reduce Back Strain

- Pack Light -10 -15% of body weight is recommended.
- Adjust the straps – Use both shoulder straps, chest straps and waist/hip straps.
- Extra padding – Look for backpacks with padded and contoured backs and straps.
- Organized packing – Distribute the weight evenly with heavier objects closest to the back.

How can your Physiotherapist help?

POSTURAL EDUCATION AND RE-TRAINING.

ERGONOMICS AND PROPER FITTING OF BACKPACKS.

INDIVIDUAL REHABILITATION PROGRAMS DESIGNED TO STRENGTHEN AND/OR STRETCH AREAS VULNERABLE TO INJURY.

CORE STABILITY TRAINING.

Physiotherapy Services in your community:

Corona – Physio Rehab Centre (780 424 4804) is located on the main floor of the HSBC Building at the corner of Jasper Avenue and 106 Street. We offer a wide range of services and have a massage therapist on site. You may learn more about our clinic by visiting www.coronaphysio.com. Your initial assessment is paid for by Alberta Health Services. Based on the outcome of the assessment and the Determination of Need Tool (DON) you may be entitled to 2 or 6 additional visits.

***** Note - This is a Paid Advertisement *****

Health and Dental

The health and dental plans were approved by student referendum and as a result are now a requirement of your enrolment at the NorQuest College through your membership in the Students' Association of NorQuest College. The plans provide protection and security for eligible students minimizing the affects of injury or ailments. The cost of the plans are included in your institutional fees provided you meet the eligibility enrolment criteria:

- 1) you are a fee-paying student
- 2) you are in an applicable program,
- 3) you are a full-time student
- 4) you are residing in Canada,
- 5) you are under the age of 70.

Individuals with existing Extended Health and or Dental Coverage

Some students are fortunate enough to have additional extended health and dental insurance coverage. If you are one of these students, you may opt out of the plan.

Waiving the Student Benefits

If you have comparable health and/or dental coverage you may apply to waive benefits. Each student is given one opportunity to waive benefits under the health and/or dental plan(s) each year. All waiver forms must be completed through the Student Benefits Office and must be received by the applicable deadline for the semester period of enrolment.

Once we confirm coverage, we DO NOT retain any confirmation documentation that you provide to us.

Approval of waiver forms will result in the plan fee being removed.

For more information about your benefits visit www.gallivan.ca

**Opt-out and Add-on
deadline is:
SEPTEMBER 30th at 4PM**

Welcome to NorQuest

Welcome to NorQuest College, your Edmonton region community college. At NorQuest, we help you open doors to career and life opportunities where you live and work.

As one of Alberta's leading post-secondary institutions, NorQuest offers a uniquely vibrant, inclusive learning environment with relevant career and foundational programs, and quality support services. Our experienced team of instructors is there to ensure you receive the knowledge and skills to be successful as you pursue your educational and professional goals.

From college-wide student email (MyMail), to online access to your personal student information (MyQuest), to enhanced student activity space, we put your needs first. If you require extra assistance, I encourage you to access our many exceptional student support services located in Room A125 of the Downtown Campus main building.

The Students' Association Office in Room A121 is also a great place



for College-wide information and an opportunity for you to get involved in student-related activities throughout the year including Student Council and our Student Ambassador Program.

Thank you for choosing NorQuest College. I wish you success in your pursuit of a quality post-secondary education that leads to a fulfilling career.

Dr. Jodi L. Abbott
President and CEO



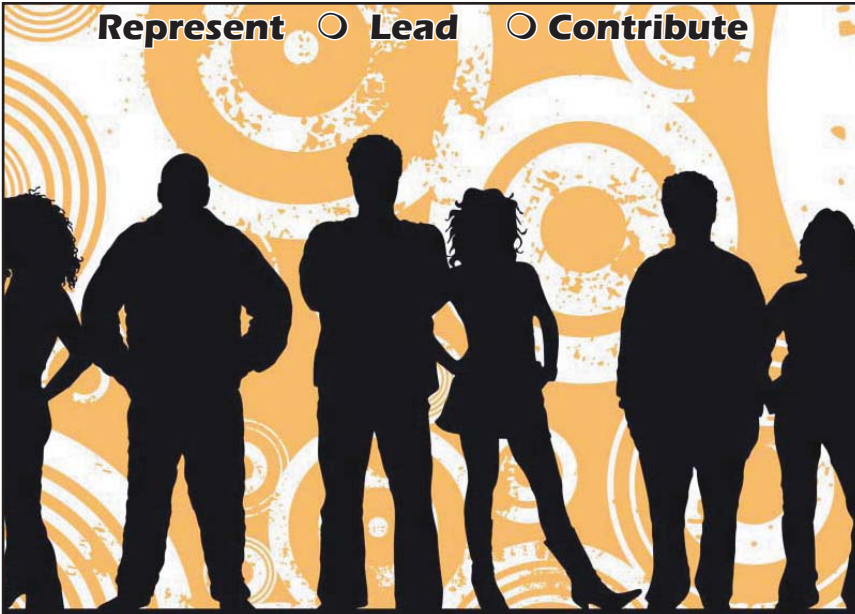
Edmonton Eskimos
September Home Games

Friday 11th vs Calgary @ 8:00 p.m.

TICKETS ONLY \$21

Students' Association Office (121)

Represent Lead Contribute



Nominations for the 2010-2011 Students' Council are now open

Pick up and drop off nomination packages in the Students' Association office #121.
Deadline: September 24th @4:00 p.m.

NorQuest Job Fair

Presented by NorQuest College's Student Career and Employment Services

Thursday, September 30, 2010

8:30AM – 1:30PM

Health Education Centre – 106 Street
 10232 – 106 Street Edmonton

Bring your resume!

For more information visit room A125,
 Edmonton Downtown Campus Main
 Building, or call 780-644-6130

Want a perfect resumé for the job fair?

Drop in for a resumé review September
 20th – 29th and let us help you!

Visit Campus Life website for a complete
 list of dates, times and locations.

Who said care packages only come from home.

Get reliable phone service with Shaw Digital Phone Basic. Email and surf the web 50% faster with Shaw High-Speed Extreme Internet. And when you add Shaw Digital TV with digital picture quality and sound, we'll install all three in one easy visit.

\$56³⁵
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 TRIPLE PLAY
 HS Extreme + Phone + Digital Basic

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 For more information call 1.888.817.9018

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Get your card for \$9.00
from the SA office in #121



West Edmonton Mall Attraction Passes

- Valid for one of the following:
 - Day pass to the Waterpark
 - Day pass to the Galaxyland
 or
 - Any two of the following:
 - Ice Palace
 - Sea Life Caverns
 - Prof. WEM's Adventure Golf
 - Putt "n" Glow
 - Ed's Rec room

Only \$18 for students and staff

Available in the Students' Association office #121



EMPIRE
THEATRES



Westmount
Clareview
City Centre

Empire Movie Tickets
Only \$8.00

Available in the SA office # 121



Computers

4

Students
\$80.00

Students' Association
of NorQuest College

**Students can purchase a
NorQuest used computer in the
Students' Association Office (#121)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			1 	2 	3 	4		
5	6 Labour Day No School	7 	8 	9 	10 	11		
See inside for a full schedule of Week of Welcome events								
 Eskimos vs Calgary Sept 10th @ 7:00								
12	13	14  Students' Council Meeting @ 4:00 p.m. Free ART Workshop 3:45 p.m. -5:30 p.m.. Location: TBD	15 Books to Boardroom Series presents: Practical hints on spending less & saving more Wednesday, September 15 , Noon – 1 PM Room 808/809 Learn practical tips on how to save money on everyday spending. This is a free seminar to NorQuest College students and alumni. RSVP: Phone 780-644-6497 or email alumni@norquest.ca by September 10 Presented by: Alumni Association				16	17
19	20	21  Free ART Workshop 3:45 p.m. -5:30 p.m.. Location: TBD	22  Students' Association Open House 11-2PM	23	24  Council Nomination Deadline @ 4PM	25		
26	27	28  Students' Council Meeting @ 4:00 p.m. Free ART Workshop 3:45 p.m. -5:30 p.m.. Location: TBD	29	30 OPT-OUT DEADLINE FOR HEALTH AND DENTAL 4PM	NorQuest Job Fair			