

THE CENTURY TIMES

2015 Fall Issue 2

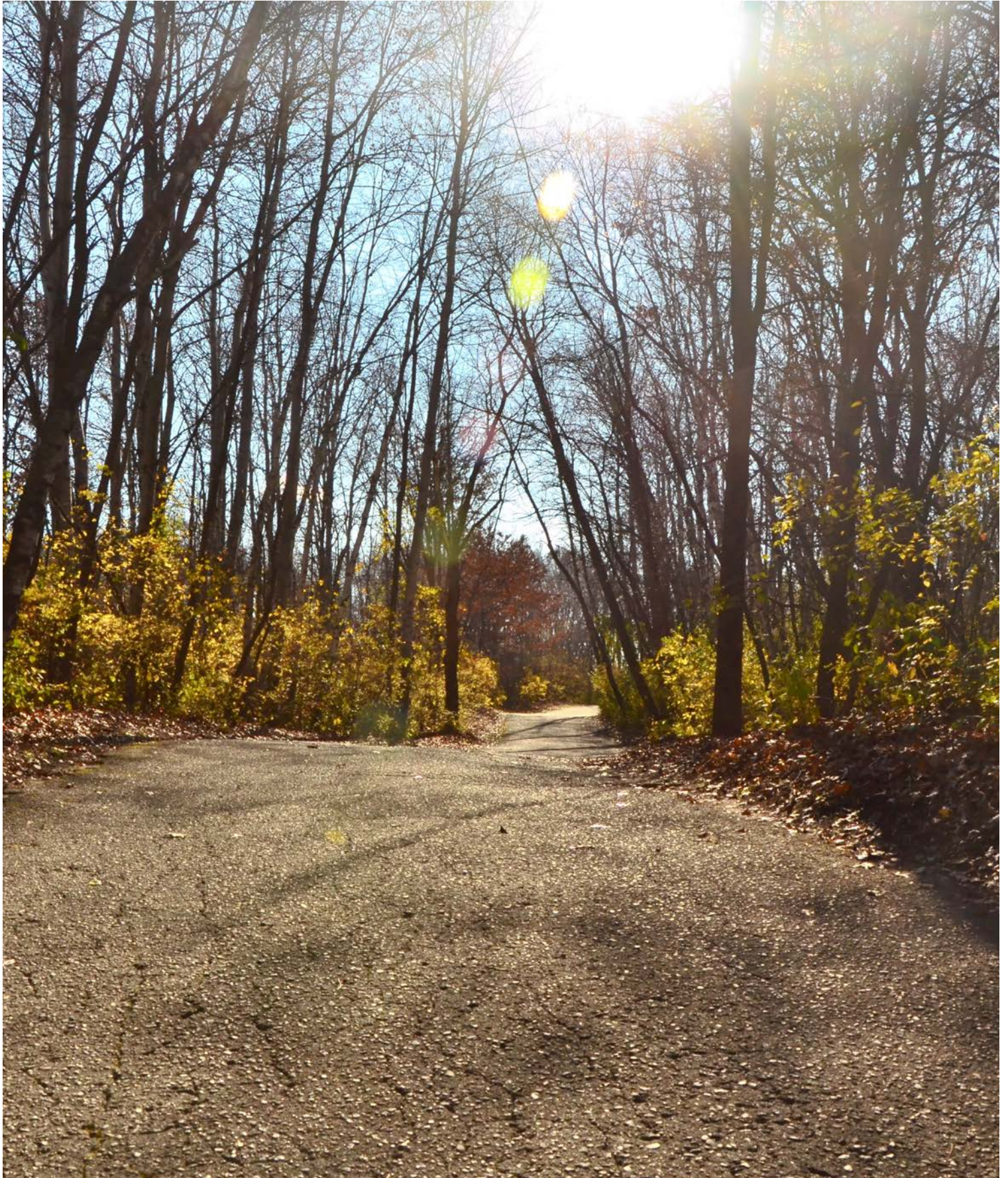


Table Of Contents

News

A Note from the Editor	3
EIC wins Big at ACP	6
Search Begins for Century's Next President	7
Century Awards Community Advocates	10
Celebrating Fall 2015 with PTK	18
Former Century Student Shares Her Life Story	22
Costumes Shine at Cosplay Cafe	27
C.C. Debuts Psycho Beach Party	28

TCT Exclusives

Century Graduate Holds 10 World Titles	14
The Write Key to My Self-Forgiveness	19
Suicide Claims Another Victim	24
Women's Ball-Busting Soccer at Century	26

Student Submission

There is Pain in You	8
Peters: Finding Strength, Delivering Inspiration	13
Student's Plea for Green Outdoor Classroom	16
Self Harm is an Addiction	25

Arts & Entertainment

Toy Story Celebrates 20th Anniversary	4
Two Spirits Film Generates Compelling Discussion	9
Performing the Many Roles of Century Students ...	21



Woody is Hiding...

Woody is hidden somewhere in the magazine! If you can find him, there is a chance you could win a \$10 gift card!

Please submit your email to
TheCenturyTimes@century.edu

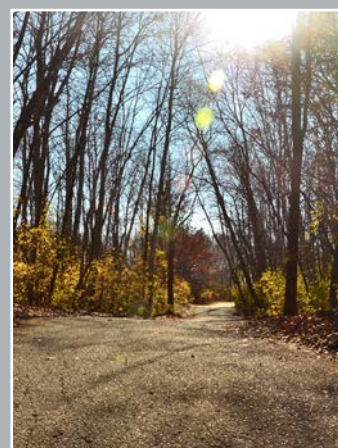
Email should include:

- your name
- page number
- where Woody is hidden

Congratulations

Chee Yang

last issues winner



Front Cover Image By:
Rebecca Johnson

A Note From the Editor:

The Century Times has changed a lot over the last 15 months. In Spring of 2014, I started as a staff writer covering the Gender Studies beat. At that time, *TCT* was a 12-page newspaper committed to covering campus events. That summer, I became Editor in Chief and *TCT* made the bold move to transition into a 30-page magazine published twice each semester.

With just four staff to start in Fall 2015, we successfully transitioned into an award-winning magazine. Like the newspaper, *TCT Magazine* strives to cover campus events and our themes often center on social justice. We have gained dozens of staff members, and are able to accept student submissions for consideration.

During this time, Lanie Carter, our Online Editor, led our website into a mobile-friendly format. Sophie Yunk, our Layout Editor, spent countless sleepless nights training herself in the new format, courtesy of YouTube tutorials. Jacob Bernier, my partner in every sense of the word, ensured that the production of each issue was as smooth and seamless as possible.

Soon, I will graduate from Century College with an AA and a Gender Studies Certificate. I will continue to research and write about issues surrounding poverty. As I prepare to continue my education at one of Minnesota's four-year institutions, I will teach our staff to carry on *TCT* traditions.

Last year, Rosie Peters contributed the poems *Of a Feather, but a Flock Apart*, and *A Letter to my Daughter for Her Sixteenth Birthday*. We were delighted to have her become a staff member this semester. Rosie brings words alive with unparalleled passion.

Rebecca Johnson is new to *TCT* this semester and has already proven herself an integral part of our team. She is a strong leader, bringing a keen eye for detail and organization.

Both are full-time students and working moms. Their first love is their kids, their second, writing. It is with both sadness and pride that I hand over leadership of *TCT* to these amazing women. Their writing, editing, and leadership, coupled with our new VCT Design Team, will continue to make *TCT* an award-winning publication.

Thank you to all those involved with *TCT*, and especially to our advisors, Dana LeMay and Richard Kuss, for all of your support. It has truly been a privilege to work with all of you.



- An Garagiola
Editor-in-Chief

Toy Story Celebrates 20th Anniversary: “To Infinity and Beyond!”

Andrew Zimmerman | Staff Writer

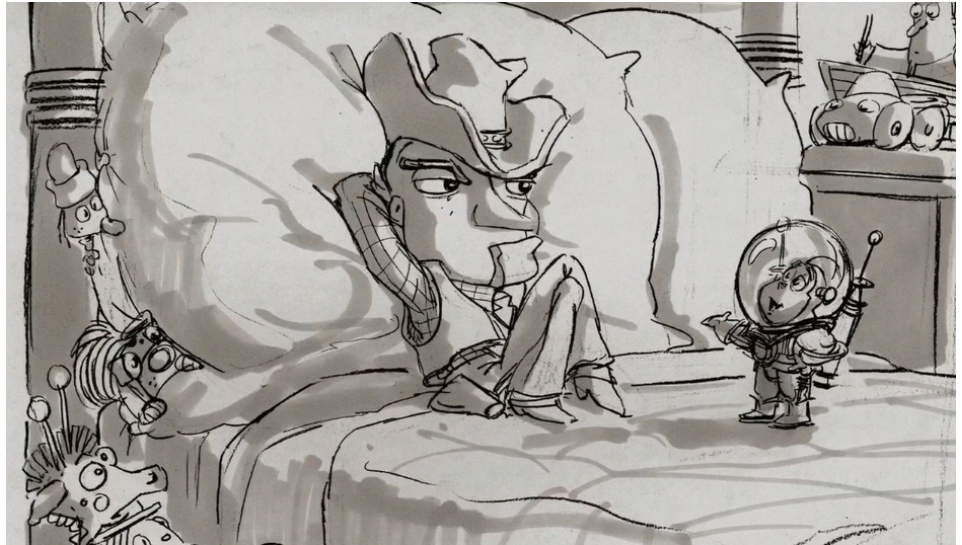
It's hard to imagine a world without 3D computer animated films. Yet, the humble beginnings of these movies were not only extremely risky, but they also came to theaters a mere 20 years ago. On Nov. 22, 1995, *Toy Story* came to theaters and completely changed how the world viewed animated films.

In case anyone hasn't seen *Toy Story*, or simply doesn't remember the plot, the movie was directed by John Lasseter and revolves around toys. The two main toys of the movie, Woody the cowboy and space ranger Buzz Lightyear, are polar opposites and have difficulty seeing eye to eye. Even though they are both favorites of Andy, the child who owns all of the toys, Woody still has trouble getting used to sharing the limelight with Buzz. Later in the film, trouble ensues for both Woody and Buzz. For them to get back to the safety of Andy's room, they will have to work together. It's a simple concept that works and captivates audiences wherever it is shown.

***“I love Toy Story...
I grew up with it”***

– Thomas Moua, 20 years, St. Paul,
Dental Assisting

Kids and adults alike were captivated by this new art form and subtle humor that Lasseter and his team put in the movie. For example, when Woody first meets Buzz Lightyear early in the movie, he calls him “Mr. Light Beer.” Later on, when Buzz sees Sid, the antagonist of the movie, doing “surgery” on another toy, he says with a serious face, “I don't believe that man's ever been to medical school.” It's that subtle humor a kid would overlook, but an adult would quickly pick up.



Original art of Woody and Buzz

Image Courtesy of: The Pixar Story

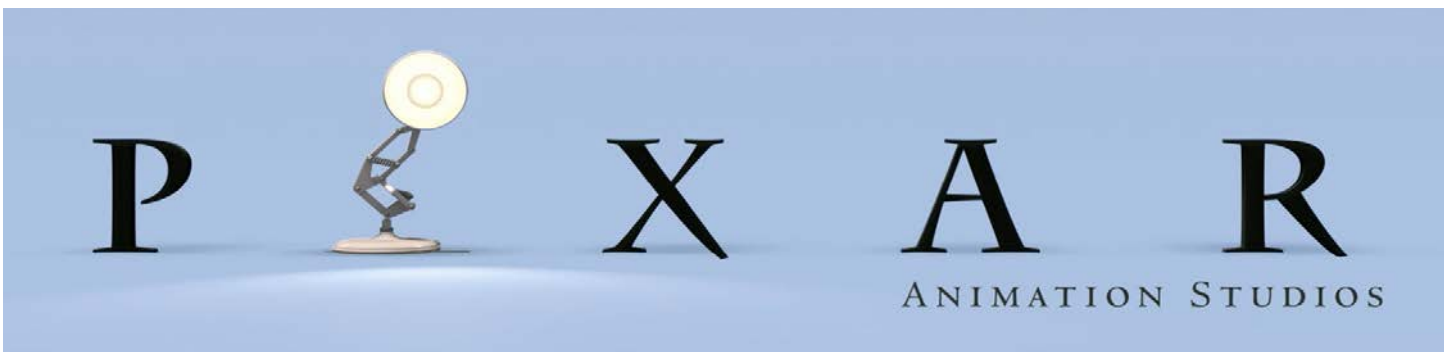
Making these unknown characters come to life seems to be Pixar's specialty. Just like a kid's imagination, the toys portrayed throughout *Toy Story* were very real and genuine. They all move and behave just like the real version of the toys would. That's what is great about Pixar, they were able to give life to inanimate objects, in a very believable way. For the first movie of its kind, creating realistic movement on that caliber is impressive.

If anyone wants to learn more about *Toy Story*, or about Pixar in general, the documentary *The Pixar Story* is a great place to start. The *Pixar Story*, released in 2007 by Walt Disney Studios, tells the story of how Pixar started. It's a fascinating documentary that talks about *Toy Story* and other more recent Pixar films. Another great place to go would be Pixar's own website – www.Pixar.com. Ask your parents for permission.

Even though *Toy Story* was a huge success, it was also a huge risk to make. The movie was quite literally the first film of its kind. No film studio had ever made a full-length 3D animated film before the release of *Toy Story*. Kids and adults were being ushered into an entirely new era of computer-animated films and they didn't even realize it. *Toy Story* just happened to be the perfect escort to bring everyone in.

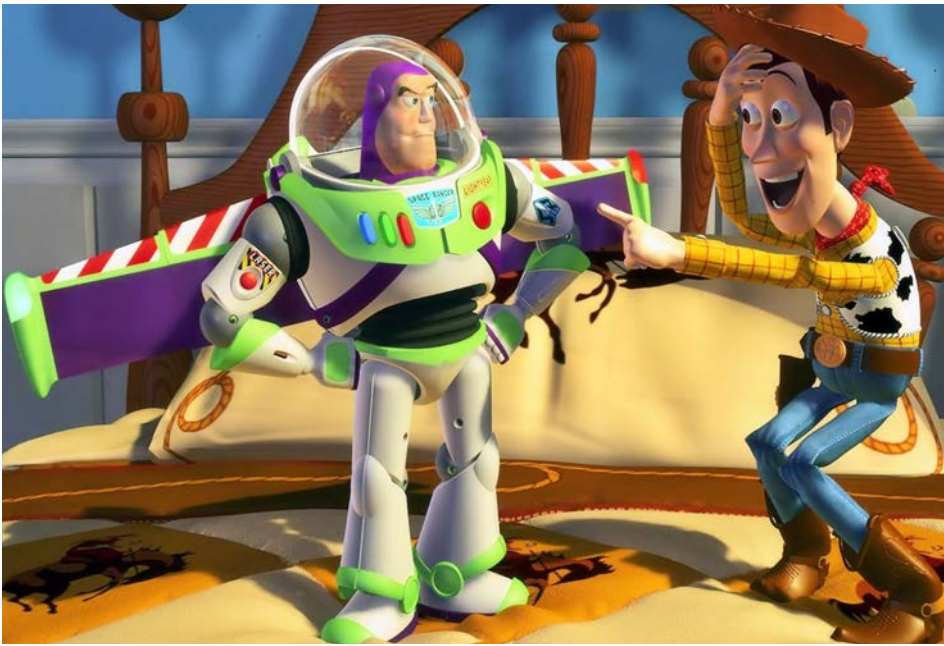
***“Tremendous
experience... Fun
and fond childhood
memory”***

– Eric Morse, 18 years, Shoreview,
Computer Science



Pixar's famous logo

Image Courtesy of: New York Film Academy (www.nyfa.edu)



Completed picture of Woody and Buzz

Image Courtesy of: cartoonsonlinepics.com

That almost wasn't the case though. When Pixar was starting out, the company needed money. In reality, it was quite desperate. Hard to imagine a company that had a 7.4 billion dollar acquisition deal with Disney in 2006 would be in need of money, but that happened to be the case.

"It was, and still is, one of my favorite movies of all time"

– Nick Hoffbeck, 16 years, Stillwater, Undecided

Luckily for Pixar, and anyone who loves 3D animated films, Steve Jobs was willing to invest 10 million dollars to start up Pixar. That was just enough to start the company out and they would still need more money over time. It was so much money that "Steve Jobs [was] losing over

a million dollars a year for five years." Without Steve Jobs' vision and his willingness to invest heavily in unknown territory, *Toy Story* and all of Pixar would have certainly ceased to exist.

Not only was Pixar a very different company than the conglomerate it is today, but also the original concept for the movie *Toy Story* was unlike what audiences know the movie to be.

Initially, *Toy Story* was only going to be a short film that lasted a mere six minutes. At the time, that was still a large feat. However, the people at Pixar were crazy ambitious and believed they could expand it to be a 30-minute movie instead. Better, but still not long enough to really leave a lasting impression. They then decided to throw all rationality out the window and commit to simply doing a full-length feature instead.

Even the original drawings of Woody and Buzz Lightyear depict a very different movie.

The picture depicts Woody as being much more like Billy the Kid than the children's toy that was, and still is, so memorable. The same thing happened with Buzz Lightyear. He looks too tiny and childish to be the iconic character that audiences around the world know him as. Over time, Pixar was able to find the right mix to make Woody and Buzz appear to be friendly children's toys and make them seem like real characters.

"I made my best friend through Toy Story"

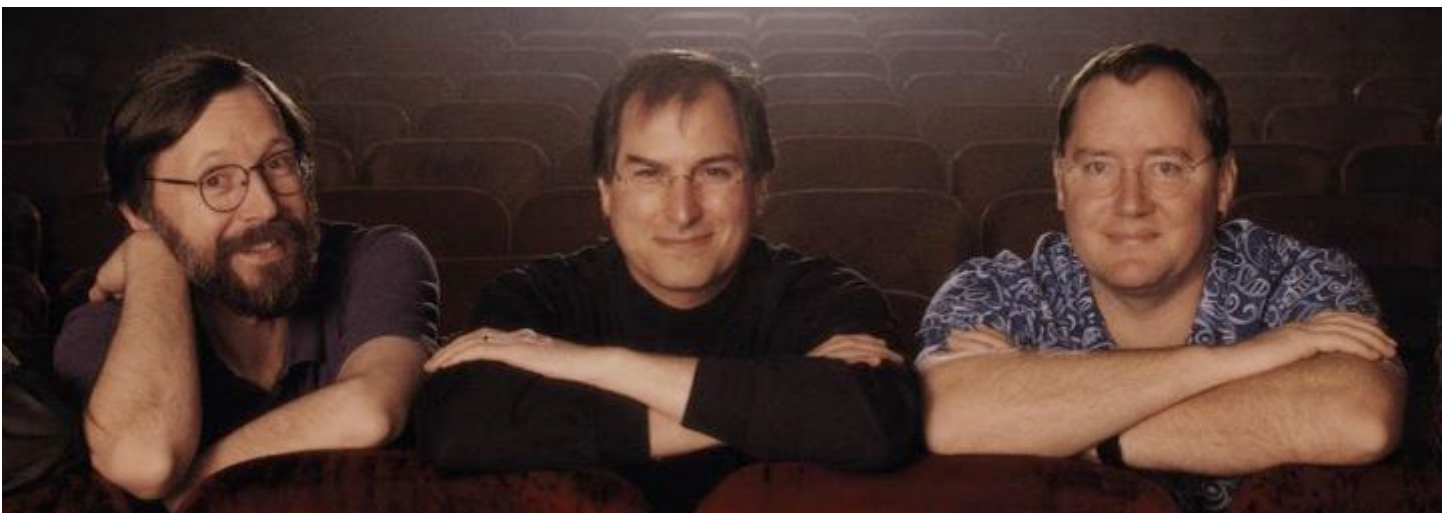
– Ricki Hunsinger, 18 years, Dallas, Undecided

Over the last 20 years, Pixar created some of the greatest animated films of all time including *Monster's Inc.*, *Finding Nemo*, and *The Incredibles*. This incredible journey all started 20 years ago with *Toy Story*. Here's to the next 20.



Toy Story 20th Anniversary

Illustration By: Ha Dong



Three main members of Pixar: Ed Catmull, Steve Jobs, and John Lasseter

Image Courtesy of: Pixartimes.com

EIC Wins Big at ACP

Jacob Bernier | Staff Writer

Texas.

A place the average person would think would be nice and sunny. Nope. Not on Oct. 30. On that day tornadoes and torrential rains led to floods. These catastrophic events couldn't stop students from across the nation from attending the Associated Collegiate Press (ACP) National College Media Convention.

The convention was held in Austin, Texas, from Oct. 28-Nov. 1. rain or shine, attracting the best college publications across the United States as well as Canada.

Since 1921, schools have competed to gain recognition from the ACP for their journalism and photography. The ACP National Conventions have been held all over the United States, in places like California, New York, Florida, and even Minnesota.

Since the 1970's, Century College has had some type of student publication, with little recognition. This year the ACP recognized An Garagiola, the Editor in Chief of *The Century Times*. ACP named her the Reporter of the Year for a two-year college.

This year's convention was full of informative sessions for students interested in writing for a publication or to further hone their skills. Numerous awards for the best of the best were given out to student publications and their contents from around the nation.

According to the ACP, more than 1,700 students and advisors were in attendance. 300 colleges were represented. Rooms were packed with eager ears and minds. But all were there for more than just some quick tips on how to be a better writer, they wanted awareness for the issues they wrote about.

Several keynote sessions highlighted each afternoon with topics such as Activism & Journalism and the Black Lives Matter movement.



Editor in Chief, An Garagiola accepts her award

Image By: Jacob Bernier

Former death-row-inmate-turned-forensic-scientist Anthony Graves was a guest speaker. Graves was incarcerated for 18 years for a crime that he did not commit. Graves spoke to a crowded room about the importance of truth in journalism. Graves established the Anthony Graves Foundation in hopes of criminal justice reform.

The highlight of the convention was the college media awards ceremony.

Held in the Grand Ballroom in the Austin Hilton, it was full of celebrations and nervousness, as students and advisors anxiously waited for their names to be called. When the time came, many were in shock, while others were somewhat overzealous.

Staff from *The Advocate*, Contra Costa College, San Pablo, Calif. and staff from *The Metropolitan*, Metropolitan State Univ. of Denver, Denver, Colo. were among those to accept several awards for their publications. *El Sol*, Southwestern College, Chula Vista, Calif. took the prestigious prize for Feature Magazine Pacemaker 2015.

The Century Times was not the only Minnesota publication to receive a top award. The *Minnesota Daily*, Univ. of Minnesota, Minneapolis, Minn. won a Newspaper Pacemaker for Four-year Daily Newspaper.

For a list of all of this year's winners, visit ACP's website, www.studentpress.org/acp/awards/

The *Century Times* would like to congratulate all of those acknowledged by the ACP.



People gathering after the award ceremony

Image By: Jacob Bernier

Search Begins for Century's Next President

An Garagiola | Editor in Chief

Steven Rosenstone, MnSCU Chancellor, visited Century College on Nov. 4 to discuss the qualities faculty and students would like to see in the college's next president. A last minute change moved the event from the West Campus Theater to the Student Club Center. Approximately 25 students packed in to voice their opinions.

The meeting was a chance for the chancellor to, "Listen to students' point of view," regarding most important attributes and characteristics they would like to see in a president.

Student Senate President, Silvia Landaverde, was named as the Student Representative for the search. She will be involved in all aspects of finding the next president.

When asked what the most important qualities the committee was looking for, Chancellor Rosenstone replied, "There is no one answer to that question." The committee is looking for many things, he, added, including someone who understands both Liberal Arts and Technical Education.

The purpose of the committee is to narrow the pool down to approximately 3 candidates by April. The candidates will then come to Century to meet and talk with students, staff, and faculty before the final selection is made.

After the chancellor spoke about the process, he listened to student opinions, writing down a list of everything that was said.



Students talking with Chancellor Rosenstone

Image By: Heyley Countryman

Several students reflected on the need to have a president who understands the college's diverse student body, especially the needs of international students.

Century Student Senate member Tareq Sharaf Addin added that work-study is not available to international students.

Maymuna Ali, a sophomore studying for her AA, is Vice President of Student Senate. She brought up the importance of having a president who is, "Not afraid to tackle controversial subjects, like racial inequity. How he or she deals with that is important. Do they just brush it aside, or is it important to them to deal with the controversy head-on?"

Leah Yang, a junior AA student, stated that it was also important that the next president be involved in Student Life, be present at activities, to make a personal connection with and be recognized by students.

Faculty attended a separate meeting with the chancellor. Patricia Smith is a Philosophy prof. and the Liberal Arts faculty representative for the search. Smith said that similar to the students' meeting, Chancellor Rosenstone was interested in hearing what faculty wanted in the next president.

"I've been teaching at Century since Fall of 2003, and I've had four college presidents so far. I would really like to have a college president stay for a while. The projects the college takes on are long-term, so I'd like to see a college president start with us and stay to see how those projects turn out," Smith relayed via email. She is pleased with the opportunity to let student and faculty voices be heard.

At all times, students are welcome to voice their questions or concerns to Rosenstone and Landaverde.

Chancellor Rosenstone invites students to email him at
Chancellor@so.mnscu.edu.

Students may contact Landaverde at
td0587kd@my.century.edu.

There were many qualities that students said they would like to see in a president:

- Someone who is student-oriented
- Makes students a top priority
- Understands students in poverty
- A president who is invested in Counseling and Advising—such as trying to cut down on the number of unnecessary classes a student takes while pursuing their degree
- Someone who understands the need for Counselors, not just Advisors
- Understands diversity, especially in relation to international students
- Works to open work-study options for international students
- Invests in more honors classes
- Not afraid to tackle controversial subjects, conversations, events, and topics
- Keeps students involved in discussions and decision making
- Involved and present in Student Life and student activities
- Relatable, personable, recognizable
- Finding ways to/be willing to give leeway/make students more aware of policies, like withdrawing from classes
- Brings diversity to staff
- Creates relationships with faculty and staff
- Understands what is happening in the classroom
- Willing to establish more programs
- Invested in the Athletics programs

There is Pain in You

David Bäcker | Contributing Poet

There is pain in you.
There is a suffering caught at the base of your throat.
You haven't been writing like you used to.
What is wrong? What hurts you?
Is it the lightning-bolt tongue that won't ever wait for the thunder?
Is it the bank account,
the numbers that promised you,
swore up and down they'd be more up than down this month?
Or, is it all the "You're a good person"s and all the "I love you"s that don't seem true?

It's hard to let it in after your muscles trained to push it away.
Sometimes, it's not about answers.
Sometimes, it's not about words.
Sometimes it's not about you.
But if you find answers, if you stumble upon the words,
If you come across a piece of yourself, then take a drink
to cool your tongue
and to wash down the pain.
The not-knowing hurts you
but it doesn't make you.

You are not in pain, there is pain in you.

Illustration By: Andrew Zimmerman

SOLUTIONS FOR RECOVERY

Room is W2270
1:15-2:45pm Thursdays
WELCOME ALL STUDENTS!

 AA-like structure and organization, but members are invited to share all recovery practices that work for them

 Open to all Century students (but this is for students only)

 Group asks members to limit sharing to experiences as they relate to recovery (focus of this group is to support students who want to maintain sobriety from alcohol and/or drugs)

 The group practices anonymity: "Who comes here, what's said here, stays here."

 The group asks members to limit sharing to solutions they've implemented in their lives (no giving advice, cross-talk)

CENTURY COLLEGE

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Designed By: Ha Dong

Two Spirits Film Generates Compelling Discussion

Karolyn Britton | Staff Writer

Traditionally, being two-spirited has been considered a gift; but in the present time, being two-spirited can be a gift with a deadly consequence.

On Tuesday, Nov. 3 the film *Two Spirits* was shown inside a modest classroom filled with Century College students and staff. The film was shown during an event co-organized by the Gender Studies Program and the LGBTQ Center.

Two Spirits is a documentary about the life of Fred Martinez, who was nádleehí. Nádleehí refers to being bi-gender, or both male and female. In other words, Martinez was a young Navajo teenager who identified as two-spirited.

At the age of 16, Martinez was beaten to death with a heavy rock. Martinez' death has been declared a hate crime.

The documentary illustrates the spectrum of gender, and it also demonstrates the spirituality of gender as well. Within the Navajo culture, everything has a gender. From the masculine mountains to the feminine rolling hills. The film also discusses the four genders that exist within the Navajo community.

Traditionally, being two-spirited, or identifying as male and female, has been considered a gift; but in the present time, being two-spirited can be a gift with a deadly consequence.

Following the showing of the film, Kirsten Farmer, a Century College student, spoke out about her cousin who also identified as two-spirited and was stabbed to death.

Her heart-breaking story initiated a discussion about the dangers that are present within our current society and the pain that comes from loss. Just as Martinez lost their life to hate, Farmer lost her cousin to an act of violence.

It is situations such as these that bring forth the question of if we will ever live in a just world. It is important to note that Farmer shared her story with a purpose: to address the problems of



Two Spirits Poster

Image Courtesy of: LGBTQ

violence that take the lives of too many people. Farmer refuses to let her cousin die in vain.

In Farmer's own words, "My hope is by telling this story that it will encourage people to be strong and have the courage to always be true to themselves because it is a great privilege to be able to express who you truly are."

The story she revealed exists among other

stories of violence and loss. According to the Human Rights Campaign, there have been at least twenty-one transgender-identified individuals who have been killed in 2015.

Although the event was already hosted, the discussion of gender and its consequences must continue on.



Century Awards Community Advocates

An Garagiola | Editor in Chief

From left: Dr. Susannah Dolance, 2009 recipient Mary Hauser, Qamar Saadiq Saoud, Dorinda Wider, Cece Terlouw, 2005 recipient Marian Bennis Johnson, Pat Opatz

Image By: Jacob Bernier

“So tell me about horses,” said Dorinda Wider to Cece Terlouw, by way of an introduction.

“They read body language and respond better than people. They pick up on things we miss,” Terlouw replied without hesitation.

The two were among a small discussion group at the Dellwood Country Club that consisted of Century College students and the three recipients of Century’s 2015 Gender and Social Change Award.

Both Terlouw and Wider, along with Qamar Saadiq Saoud, were recognized on Nov. 5, at the 11th annual Century College Gender and Social Change Awards ceremony, formerly known as Women of Distinction.

The awards are given to three individuals every year whose work actively promotes social justice through the empowerment of underrepresented groups. All three joined students in a small group Q & A before the ceremony.



2015 Gender and Social Change award recipients from left: Cece Terlouw, Qamar Saadiq Saoud, Dorinda

Image By: Jacob Bernier

Inspirational Achievements

Terlouw is the Executive Director of Strategic Development for Heartland Girls’ Ranch, a long-term therapy program that builds bonds between horses and victims of abuse and trafficking.

“We have been working with girls since 1992. Since 2003, it was identified to us that there was a need to work with sex-trafficked children.” Terlouw continues, “We’re very much strength-based. We’re very much about finding the strength and giving girls opportunities to succeed.”

Terlouw has been a tireless advocate, helping to pass Minnesota’s Safe Harbor law. Safe Harbor protects sex-trafficked children, seeing them as victims rather than criminals. “In 2010 I started working again with the Human Trafficking Task Force in the Twin Cities,” she says.

Wider has been working at Mid-Minnesota Legal Aid as a housing attorney for 31 years. All of the clients she serves live in Hennepin County and earn 200% of the Federal Poverty Guidelines or below, such as MFIP recipients, and those on Social Security disability. “I don’t think that anyone will be successful finding a job, going to school--succeeding in life--if they don’t have a place to live,” says Wider.

“You got to have a place to live and a place where you can be alone,” she explains. “In general, it’s very difficult for those on low-income wages or disability to find affordable housing,” she explains further.

“If it’s affordable, it’s likely to be crummy. Only 1 out of 4 eligible people can get [affordable housing],” she says of the lack of affordable housing in Minnesota.

Since 2001, Saoud has been helping LGBTQ homeless youth. Last month, he visited Century to participate in an expert panel on youth homelessness in the LGBTQ community.

Saoud is a therapy fellow at RECLAIM. According to their mission statement, “RECLAIM works to increase access to mental and integrative health support so that queer and trans youth may reclaim their lives from oppression in all its forms. We offer therapy for youth and families, training for practitioners, and community partnerships for social change at the intersection of gender and racial justice.”

There he runs the only exploration therapy group for youth in the region. He creates a space of love and acceptance, where youth and their families can find support on the journey to finding themselves.



Each recipient is also gifted a handmade bowl.

Image By: Jacob Bernier



Gender Studies student Karolyn Britton speaking at the GSC Awards
Image By: Jacob Bernier

Student achievements were also recognized. Karolyn Britton, recipient of this year's Gender Studies scholarship, gave an impassioned speech about how GS has changed her life for the better. Bringing tears to many eyes, she explained her reason for returning to college. "I had made my fair share of poor choices, but I did not want the mistakes of my past to hinder my daughter Lilly's future. Instead, I wanted to pave a path for her that would lead her to a world of opportunity," she said during her speech.

After the ceremony, Britton said, "The award ceremony was an empowering experience. For me, the experience was quite emotional because I was surrounded by individuals who care about the world around them. The program ran smoothly, and all of the speakers had important stories to share. It was a true honor to attend such an incredible event."

Formerly Women of Distinction

For the last 11 years, Century College and the Gender Studies Program have honored women in the community. Dr. Susannah Dolance, Professor of Sociology and Director of the Gender Studies Program felt it was time for a more-inclusive change. "Last year, when I took on the role of Program Director, I initiated a conversation with the other members of the awards committee about changing the name of this award," she explained in her speech.

"Many of us on the committee felt like an award that only recognized 'women' was unnecessarily limiting, and we wanted to put the emphasis on social justice and the intersection of gender with race, ethnicity, socioeconomic status, sexuality, disability, etc. So we changed the name of the award to the Gender & Social Change Award. We also re-wrote the guiding principles for identifying award recipients: they must work to empower or increase opportunities for diverse, underrepresented groups in our community," continued Dolance.

This spring, Century's Gender Studies Program turns 20 years old. In addition to the amazing individuals it has honored through Women of Distinction, and now in the metamorphosis to Gender and Social Change, Century College's Gender Studies Program has changed the lives of students.

Britton has learned a lot from Gender Studies. "The Gender Studies Program has really opened my mind to what is going on in society and what things can be done to bring forth justice and equality. I view the professors from the gender studies program as my mentors because they always push me to try harder, and they push me to go outside of my comfort zone. I feel really lucky that Century College offers the program, and that the program is staffed with passionate educators," she says.

Every instructor in the program also teaches in another discipline. Whether that is English, Sociology, History, Art, or Science, it's the professors who shape each student they encounter.

Century students were welcome to this event, as they are every year. It is free and open to the public.

For more information on the awardees and their work visit the following websites:

Saoud and RECLAIM:
<http://www.reclaim-lgbttyouth.org>

Wider and Mid-Minnesota Legal Aid:
<http://mylegalaid.org>

Terlouw and Heartland Girls' Ranch:
<http://www.heartlandgirlsranh.org>



Guests mingling before the 2015 Gender and Social Change Awards at the Dellwood Country Club.

Image By: Jacob Bernier

AFA Fine Arts: Associate of Fine Arts in Fine Art

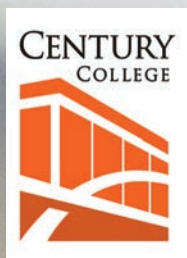
Thinking about a career in
Studio Arts or **Design**?

Curious about creating **a life in the Arts**?

Are you planning to transfer into
a **Fine Art** or **Design Major**?

Work with us to complete your first 2 years of your Bachelor of Fine Arts Degree.

Please see your Gen Ed & Transfer Pathway Advisor
or call: 651-779-3202 for more info.



DEPARTMENT

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Rosetta Peters: Finding Strength, Delivering Inspiration

Kao Lai Lee | Contributing Writer

On Oct. 22, 2015, Rosetta Peters came to our Gender in Global Perspective Class. Peters is pursuing an Associate of Arts degree and an Associate of Science degree in Horticulture/Landscape Design. She is also pursuing the Creative Writing Certificate and a Gender Studies Certificate.

After Professor Jiang introduced Rosie as a woman with a long list of accomplishments, including the Outstanding Student of 2014-2015 in English, a published writer, an emerging public speaker, a beloved TLC tutor, an editor for *The Century Times*, a business owner, and a single mother to five children, Rosie said with a smile on her face, "Wow. That's lot to live up to."

After hearing so many praises, I wondered if Peters was going to talk about her success and how she met all those expectations. Peters instead told us that she would tell us about her struggles. Her struggles became a long journey that inked in my and maybe many other students' memories, for every word she spoke was like chapters of an unforgettable book.

She began her story by talking about how her parents were drug addicts. People I knew who were drug addicts are usually addicted to a specific drug, but her dad was addicted to many. I was surprised she knew and could count them all. It was understandable that she finally gave up on him, although it must have been hard for

her to make the choice. She believes that there is no point in helping someone who doesn't want to help themselves. I agree. After all, the first step to solving a problem is to realize what the problem is.

Peters also spoke about how her mentally disabled mom tried to sell her as a child. It reminded me of the day when my parents left me at an unknown relative's house an entire day and never picked me up because they forgot about me. I hold this pain with me all the time whenever I need a ride home with fears that they would forget about me again. I now realize that it would hurt me more if I was less valuable than money to my parents, especially my mother.

In addition to her parents' addiction, Peters was verbally and physically abused by her Irish great grandmother. Whenever Peters was unsure of something, such as her identity, her great grandmother would verbally abuse her. Although I never met my great grandmother, I thought a lot about my grandma. She loves me now like I am her own daughter. If I were of another race, would she love me the same? I don't know, and I don't want to know.

The chapters of her journey suddenly skipped to her abusive and unhealthy relationship. Peters was about eight and a half months pregnant when her domestic partner came home drunk and physically abused her. As she stated every

word out loud, images that I constructed in my head came flooding in, which lead me to tear up a couple of times. She described a scene in which she was grabbed by her hair and dragged away from the couch. What struck me the most was when she described how she held her body up with her arms as she was facing the floor to protect the baby in her stomach. Not only that, her seven-year-old daughter had to witness such a scene.

From this story, I could hardly keep my mind from bursting as I was just struck by the strong image I constructed. When she stated how she lied about the abuse because of embarrassment and shame, I could feel a strong connection to those emotions. Whether it is abuse or not, it is true that when you lie so much to others, you began to lie to yourself by pretending that everything was okay.

When I realize that the days that I should be happy the most might be the day someone needs help, it makes me sad. July 3rd is my birthday—the day that Rosetta Peters had her final abuse from her domestic partner.

As I sat there realizing this, I suddenly thought about the short story by Ursula K. Le Guin, called "The Ones Who Walk Away from Omelas." In the short story, there is a utopian society called Omelas. Everyone, but one child, was happy. The child was poorly treated and was a sacrifice for everyone's happiness. Those who acknowledged their privileges believe that they should be happy to replace for this child's ungiven happiness. Others were mad, sad, and disgusted, for they wanted to help the child but realized that if they did, Omelas will crumble. They walked away and never returned to Omelas.

The point is that nobody did anything. Realizing that I am happy while there may be people out there in desperate need of help and support, I felt as if I were one of the people who walked away. July 4th, the day when my family celebrated my little brother's and my birthday, Peters made a choice to leave the abusive relationship. Strangely, it was also Independence Day...



Rosetta Peters (left) interviews Century student Regina Thao

Image By: Graham Wessberg

Full story continued online at
TheCenturyTimes.com

Century Graduate Holds 10 World Titles

Ellie Davenport | Staff Writer



Jamie Fischer and his son Luke smile after a sawing competition
Image Courtesy of: Fischer private collection

The Log Rolling November Nationals Competition, founded by Century College graduate, Jamie Fischer, took place Saturday, Nov. 14 at the Hudson, WI, YMCA pool. Fischer, a modest man of world-renowned success, holds 10 Lumberjack World Titles. This gifted athlete developed a successful business by fusing family tradition, talent, and entrepreneurial smarts.

Still, with so many accomplishments in the lumberjacking arena, Fischer says that he loves teaching kids to roll and watching them succeed. Whether that is in competition or just in class, Fischer loves seeing kids excited about log rolling.

The local legend grew up with his two sisters and a long line of lumberjack blood in Stillwater, Minnesota. Fischer is a third generation lumberjack (his two children being the fourth). Fischer's great grandfather was a real lumberjack, working the rivers of the Midwest to liberate floating logjams as timber was moved to lumber mills.

Fischer's grandfather, Harold, took his profession a step further and competed in timber sports. He holds claim to 13 Trick and Fancy World Titles (a competition in which the goal is to out preform the other showmen). To top it off, Fischer's dad, Jim, is also a World Champion roller earning his first Men's Log Rolling World

Title in 1972. Thirty-one years after his father, in 2001, Fisher earned his very own first Log Rolling World title.

With humble beginnings, Fischer says, "I didn't roll much in grade school and I did almost no rolling in junior high. In high school, I wasn't very involved in log rolling either." Instead, Fischer's high school years were filled with track, cross country, hockey, and soccer practices. "When I graduated [high school]" Fischer explained, "My life, sports, and friends were gone." With so much change, he had to find something to do and logrolling was it.

Log rolling, in its most basic form, consists of two people standing on a free-floating thirteen-foot cedar log. The two competitors use any possible strategies to get the other person off the log and into the water. The only limitations are touching your opponent and stepping over the divider line.

Originally attending school for Elementary Education Fischer graduated from Century College in 2004 with an associate's degree and transferred to the University of St. Thomas and then St. Johns. There he realized that he wanted his full time job to revolve around log rolling and he explained, "I quit my masters half way through last semester and started Lumberjack Enterprises with the goal being able to provide competitions to colleges."

Fischer invested all of his time, money, and energy into developing this business and it paid off. Professional log roller and boom runner Nate Greenburg travels with Fischer and his crew around the country. They perform shows that include boom running, log rolling, axe throwing, and cross cut saw. Rolling daily with Fischer in the shows, Greenburg says of his boss, "He has the most control by far of anyone I've ever been on a log with."

In Fischer's early years of rolling, he rolled strong but did not earn a podium finish on the world stage. "I never really had a coach growing up. My dad taught me...it was just me and my cousins having a good time." As the good times rolled on, his desire to compete evolved. Described by his fellow log rollers, in his amateur years, he was exciting and energetic.

Fischer's transition into the professional rankings in 1997 brought out a new level of competitiveness. It hasn't diminished in the least. Greenburg says, "Jamie's passion for competition is outstanding. He is a dedicated competitor. He focuses single mindedly on something until he gets it done." The mental transition of log rolling from recreational sport to competitive sport and lifestyle ushered in a new concept of training that helped Fischer earn his first World Title.



Greenburg and Fischer roll a match on the river front of downtown Stillwater

Image Courtesy of: Fischer private collection

After winning Fischer's first world title, he says it was "The most memorable experience I've ever had in my life. It doesn't hit you right away. It's not until you think about it. After the competition Sunday and the show I showered and I reached up to grab the soap and then it dawned on me that these hands finally won a world title."

With one Professional Men's Log Rolling title under Fischer's belt, he went on to win two more in 2004 and 2006. Despite holding three Log Rolling World titles, he says, his "ultimate goal" is to "Have my family see me compete in the World Championships, I want my wife and kids to see tradition continue."

Apart from logrolling, Fischer also holds seven Boom Running World Titles. Boom running consists of one person running down and back 8 free floating logs, loosely tied together end-to-end. He explains that the best boomers do not get wet, and the fastest time wins the race.

Fischer definitely has his strategy down. He has a total of seven consecutive boom World Titles to prove it, even breaking his own world record in 2005 at the Lumberjack World Championships (LWC) in Hayward, Wisconsin. With a previous time of 12.98 seconds, he improved his time by more than a half-second. This is nearly unheard of in the log rolling community.



Fischer runs the boom in Haywards "bowl" where the Lumberjack World Championships are hosted each July

Image Courtesy of: Fischer private collection

Professional log roller, Brian Stearns, describes Fischer as extremely dedicated. "He's a real nice guy and has a very competitive attitude, which is a good thing. His reputation has a respect that goes along with it." The cable company ESPN likewise thought Fischer's reputation and prominence on the world stage was impressive and began keeping a close eye on him when he qualified to compete in the 2006 Great Outdoor Games (GOG).



Tyler Berrard and Fischer training on the river a few weeks before the professional season opener in LaCrosse

Image Courtesy of: Fischer private collection

"ESPN televised in 22 or 23 countries, had a several million dollar budget for the weekend, and the games were invitational--only the top eight [lumberjack athletes] in the world qualified," Fischer said. "Television added a lot of uniqueness to that particular tournament. It felt good to me because I medaled in all but one of the events that I competed in that year and I was [individually] followed by ESPN, plus the prize money was bigger!"

Fischer went on to win the Great Outdoor Games seven times by the end of his early twenties. ESPN even did a personal profile clip on Fischer to honor his accomplishments in boom, log roll, cross cut saw, and axe throw. "[ESPN] followed me around for two days. From the moment I got up until I went to bed. They filmed everything: me brushing my teeth, putting on my boots, they interviewed me and even my extended family." The two-day film session produced a short athlete profile before transitioning into his performance at that year's GOG.

Though Fischer claimed to have retired in 2012, he still rolls, teaches, and coaches young rollers. This year marks the twentieth year of his logrolling program at the YMCA in Hudson, WI. "I have a few programs, seven years in St Paul at the Jewish Community Center, 3 years in New Richmond, 14 in White Bear Lake, and even 3 in Stillwater at my parents place."

Fischer loves to teach newbie rollers how to get better. He even joked, "I'll probably be a better coach than I ever will be a log roller again!"

Fischer says the best part of being a log rolling coach is when "You suggest or correct [students] and you see positive impact...I don't want to be just a log holder, I want to be a coach."

Dedicated to growing the sport, Fischer started the "Harold Fischer Log Rolling Tournament" based in Hudson, WI, in honor of his grandpa. "We were starting a new tournament and my grandfather died that year so it just seemed to fit." Fischer also hosted the November National Championships for countless years using his expertise in rolling to inspire newbie rollers.

In an effort to give back and start a chain reaction, Fischer encourages others to volunteer at competitions by giving away a free log at the last winter competition of every year. With a value of \$500 to \$900 per log, Fischer has done this for over eight years, donating an estimated value of over \$7,200 to the log rolling community. Fischer also recently helped the newly started Woodbury Log Rolling Program by loaning 2 of his logs until the program kicks into full gear next spring.

After 10 years of competing at LWC, winning countless titles, and starting numerous programs, Fischer says, "Rolling to be the best and rolling so no one else can be the best is a very different mindset. When you're working towards a title you want to put the time in, when you're there it's a difficult place to be." If anyone is capable of making a comeback and winning another World Title, it is Jamie Fischer.



Student's Plea for Green Outdoor Classroom

Steven Schmidt | Contributing Writer

Established Wood Duck Trail meanders through Century's West Campus property

Image By: Rebecca Johnson

Since embarking on my education over a year ago at Century College, I have taken many courses that may have benefited from an outdoor classroom experience: English, Biology, Geography, Horticulture, and several Earth Science courses. In my first class at Century, we were required to walk to a marsh area down the road from campus. Our task was to explore the ecosystems in the immediate area. This required traveling down a busy road with no sidewalks and possible safety concerns from fast moving vehicles, posing possible health risks to students and little regard for the physically disabled students. While walking back to the classroom I asked myself, is there a better place to conduct this period of instruction?

I respectfully request Century College, faculty, staff, and Facilities Committee to consider establishing an interactive/collaborative self-led learning classroom/experience encompassing the Wood Duck trail and other open areas of West Campus that replicates the regional ecosystems of the state of Minnesota.

There is no substitute for hands on, in-the-field experience. Nearly all disciplines at Century require a lab of some kind: English, Math, and Physics. Yet, we do not provide this same level of attention to the environmental sciences; why? People cannot be expected to carry the responsibility of eco-friendly living and caring about the

environment if they do not have a stake or an investment in the game.

The only way students or the general population will care is if they see the effects of active conservation and take pride and ownership in Minnesota's natural resources. We know that the best learning methods require different deliveries: sight, sound, and hands-on.

Century College is not just in the business of producing students with degrees, but we (Century College) also encourage meaningful lifelong mindsets that seek understanding and critical thinking. Evidence shows this can be achieved by enhancing natural outdoor surroundings on campuses.

In an article published on June 4, 2010 in Science Daily, Netta Weinstein, a psychologist at the University of Hamburg, Germany, states "Nature is something within which we flourish, so having it be more a part of our lives is critical, especially when we live and work in built environments." Weinstein continues, "These studies, conclude, underscore the importance of having access to parks and natural surroundings and of incorporating natural elements into our buildings through windows and indoor plants."

Century College has a quant trail that meanders through the West Campus grounds

called the "Wood Duck Trail." This trail contains hard woods and underbrush consisting mostly of buckthorn, an invasive species that will choke all natural vegetation if not eradicated, controlled and monitored. If left unchecked, the buckthorn will also drive/force the natural wildlife from the small but vital stand of trees on campus. Due the acidity of this plant it will eventually change the PH of the ground, making it near impossible to re-establish the natural order of Century's ecosystem.



Wood Duck Trail map

Image Courtesy Century College

Students need to utilize all their senses to experience and learn about the diverse state we call Minnesota. The outdoor interactive classroom should include natural landscapes from each region of Minnesota to the greatest extent possible. It is crucial that we not adversely alter the existing ecosystem of the Wood Duck Trail, but rather use it to enhance the learning experiences of our student population and the surrounding communities we serve. Plants unable to survive in the ecosystem at Century should not be included, and plants that could negatively impact the existing ecosystem should be avoided.

The existing Wood Duck trail can be remodeled to reflect the various ecosystems of the state of Minnesota. In each compass direction of the trail, we can plant native flora of that region of the state and include features of that region's geology and geography. For example, in the southeast corner of the trail, the college can plant flora native to the southeast corner of the state and landscapes that area to look physically like the southeast corner of the state, and so on. Explanatory plaques can be placed at each location to explain that region: its key geographic, ecological, biological and historical features.

Please, let me address your first and foremost concern, MONEY! I understand this is a major undertaking, but it is one we need not take alone. I have made inquiries with some instructors here at Century and they also see the merit of an interactive classroom.

First, enlist the help of the instructors here within the school. Their networks in the same



Small pond on campus near Wood Duck Trail

Image By: Rebecca Johnson

fields of study are small and tight knit. Let the instructors reach out to their colleagues. This will work to the school's advantage. After acknowledging the areas we are short in expertise, reach out to horticulture experts in the arboretum, DNR, and US Forestry to assist with a detailed five-year plan. Schedule a controlled burn of the grounds with the assistance of Minnesota's DNR Resources and/ or the US Forestry.

Second, send letters to state universities requesting donations of plants and trees from their schools and local areas. Have them labeled and made ready for shipment. Students and instructors can complete all these tasks as a class project. Rocks from around the state can be donated by the state parks, privately owned quarries, Native American tribal land and private landowners. Here at Century we are lucky

enough to have a professional truck driving school that could be utilized to coordinate and conduct pick up of the items. This would give the students driving time, load placement and instruction on securing a load for transport.

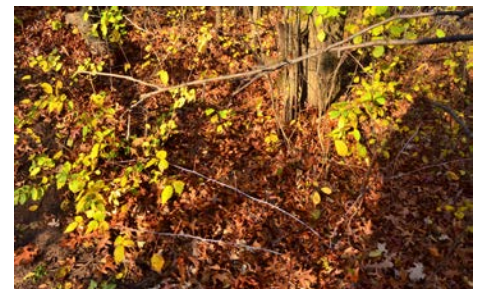
We live in a very unique state with three biomes. The deciduous forest of the east consisting of hard woods like oaks and maples, the coniferous forest of the north tundra filled with white pine that fueled the timber industries, and the prairie land converted into farmland, plowing the way for Minnesota to become a state. Three different water sheds. There are rock formations that vary from igneous lava to sedimentary and metamorphic rock caused by the glaciers. Minnesota could be argued as being the most diverse state in the union.

Century has been a mainstay in this community for over 40 years. We have a cancer in our back yard that will affect the entire surrounding community if we choose to ignore the problem. By eradicating buckthorn and remodeling The Wood Trail, we will accomplish an eco-friendly environment as well as a new learning environment. Let's take this opportunity to lead and educate our community.



Wetland area of Wood Duck Trail

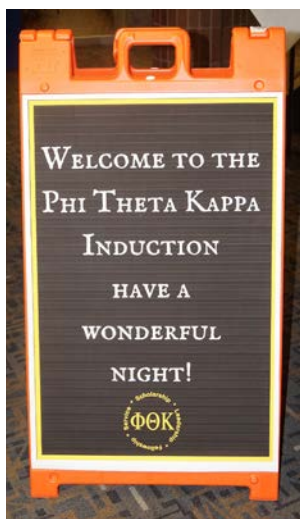
Image By: Rebecca Johnson



Invasive Buckthorn left unchecked

Image By: Rebecca Johnson

Celebrating Fall 2015 with PTK



Welcome sign for PTK induction ceremony

Image By: Ha Dong



Inductees received their membership recognition

Image By: Keely Gregory



Dining in the Lincoln Mall for PTK

Image By: Ha Dong



Dr. Kane Rahul received his Instructor Appreciation Award

Image By: Keely Gregory



Cake to congratulate the PTK scholars

Image By: Ha Dong



Students threw color powders at the beginning of the race

Image By: Cindy Peterson



Christopher Yahnke got color-washed by students

Image By: Cindy Peterson

The Write Key to My Self-Forgiveness

Rose Vanyo | Staff Writer

*I knew the key wasn't lost,
but I could no longer look for
a guardian.*

How does one atone for their mistakes to themselves, when they believe their actions to be unforgivable? Is there a level of reasoning that they can seek in knowledge to help them understand? Or perhaps, a certain recipe for prayer to the right god or services rendered to the needy that would equal a balanced sheet of wrongs righted.

I knew my choice and what I had to do needed to be the least harmful for everyone. However, it did not make up for what I had done to get me there in the first place, but I knew it was the best damage control. My heart would catch up in time I told myself. After all, doing what's right always brought me happiness before.

Oh, the folly of pride. My pride being in how diligent and forthright I had always been by telling the truth about myself; I never imagined it could turn on me. One little lie to myself – that I would be ok with my decision in time – turned my companion of pride into shame and guilt almost overnight. When faced with the gravity of the many lives I could ruin by exposing this lie, the giants battled inside of me, and when faced with the facts I knew the winners' words to be truer than my truth.

So I shut it up – I locked it away – trying unsuccessfully at times to give the key to a friend so I would always have someone to turn to. Anyone to talk to and stop the pounding I was getting from the beasts in my head. Then one day I just stopped keeping track of it, I knew the key wasn't lost, but I could no longer look for a guardian. The journals stopped with its disappearance, the flow from pen to paper for relief ceased. Suddenly the voice of my muse was nowhere to be found, not that I was looking.

I was too busy now; the game time of life was over. I needed to be serious. Being serious, working two to three jobs, helping my Grandparents to appointments, and getting an education in a trade where I could get a job right away; that was what I needed to do to be a

better person. That was how I could make up for my mistakes to the world.

When the voice was sufficiently stifled, the nothing set in, and for a while this was more or less a relief. But when I could not hear it anymore, even when I really tried, panic set in. Who was I, how did I get here, and more importantly, who gave me the right to raise this child? Imagine me raising a child when I can't even decide how to live my own life or knowing what is worth living for? This beautiful girl that I was clearly going to screw up because my damn heart was on hiatus.

I want to love more openly and joyfully, but I can't even remember who I am or what I think is important in the world. I attempted following in the footsteps of people who were successful doing good in their communities and work and looked as though they fit that profile, but I was never really more than average when I attempted to do as they did. Perhaps this was because they are smarter than me? Or maybe it really was because my heart wasn't in it?

My heart, bah, where was it these-days anyway? Every time I went looking for it, it hid. It did seem to enjoy making guest appearances at unbeknownst times; like when I was having so much fun I would start to cry laughing at first, but then couldn't stop. Or when I went to one of my best friend's funeral and went from being the pillar of strength I'd been for the last three days, to raking sobs that came out in horribly grotesque sounds that I never knew I was capable of making.

Only this was the time they didn't stop. I went in after the funeral for help from the doctor, and they told me I was severely depressed, coupled with having PTSD that I had been refusing to acknowledge. I wasn't depressed; I was furious! I had made every effort to be smarter than this. I am comfortable with death and dying and my beliefs about the afterlife. There was no logical reason for me to be carrying on like this!

I think *you* doctors just want to medicate me and send me on my way. But something had to make the tears stop, so I took some anti-depressants, and a new treatment plan for life after my first hospitalization, and I went on my way. That is until the next time, 9 months later,

when I decided I had to check myself in to a day treatment for mental health. I swore I would not leave with just medication this time. I would chain myself to the desk if I had to until I got to the bottom of this.

I was fine before and now I wasn't. There has to be an explanation and if there is, I will find a way to fix it. With one week left out of my six week plan, the tears returned. "You have successfully completed our program and we are ready to start drafting your release plans" they told me. I lost my cool, I fumed my frustrations at them, and started to walk out trembling and bawling. That's when I remembered my promise to myself. I turned back, and slowly stopped resisting PTSD.

Was this the end? Not even close, I have so much more ahead of me to untangle, but I had to allow myself to examine another view. My justification of this was that I was not being very objective or using scientific reasoning to allow for another possible explanation than the one I had decided was correct. That was not using my brain, and my brain had become my only comfort for the last ten years.

Not even a week into my medication and treatment change, my lost key appeared. It could never have been there before, I had never been there myself, and yet somehow it was right on my doorstep. It took me a moment to recognize what it was, and what its significance could be. After all, I hadn't even been looking for it. That look turned into a mix of awe and fear, which stirred up into a frenzy of trepidation. Who put it there, and how did they know where it was? How did I ever forget it when it means so much to who I am?

The world stood still, all of the air around me was palpable, I smelled nothing, saw nothing, just that key. Then I heard it, something I had heard everyday nearly all my life. It's depth and complexity did not baffle me or scare me into retreating, it comforted me more deeply and soundly than any other could. It was the long removed, nearly forgotten voice inside of me, and it was speaking to me again. It started slowly, with one line, leaving the choice to me, "Are you ready to write your truths, and forgive your wrongs?"

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Performing the Many Roles of Century Students

Daniel Blees | Contributing Photographer

“I wanted to show that there are many different roles here at Century, but instead of finding 13 other students, I decided to play all the roles, just like I’ve tried many different things during my on-and-off 10-year journey at Century.”



Blees, Daniel. Beside Myself. Self-portrait. ART 2032: Digital Photography.

Image By: Daniel Blees

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The Century Times is now accepting student submissions for Spring 2016.
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Former Century Student Shares Her Life Story

Ker Moua | Staff Writer

As a Century College Alumni, Pakou Yang worked hard and took every opportunity available throughout her time at Century. Then at the age of 24, she started teaching at Century. Beginning in the communications department, Yang moved to administration after five years. She was then promoted to Dean. She worked at Century for 11 years until she was promoted to the MNSCU system office, where she now works in P-20 and college readiness. On Oct. 6, Yang was a guest speaker for instructor Yanmei Jiang's Gender in Global Perspective class.

According to Yang, P-20 is the K-12 education system plus higher education. P-20 refers to the Minnesota education partnership that works to maximize the achievements of students from preschool to postsecondary education. Through it, she works to help students succeed in college.

Using the context of a Century College admissions form, Yang identifies as a female, Hmong, Southeast Asian, and a feminist. She is a wife and a mother of a three and a half year old son who talks a lot.

Yang makes a point to identify as a heterosexual and checks off the imaginary box that is not part of the admissions form. She believes that heterosexuals are privileged. She mentioned a time when two of her homosexual friends were getting married and she went to Target to buy a wedding card. She was upset because all the cards were for a man and a woman. She ended up buying a blank card instead and filled out the comments herself.

When Yang was two years old, her family immigrated to the United States. They lived on welfare and her parents worked minimum wage jobs. As immigrants, her parents could not help with homework. Instead they made sure Yang and her siblings were safe, had food, and had clothes to wear so that Yang and her siblings could focus on their education.



Pakou Yang talks about her life in front of Century students.

Image By: Rebecca Johnson

Yang's father worked as a mechanic and was able to get a bachelor's degree. He was very fierce. He made sure his children did their homework and went to school. He told his children, "Education is the key to any kind of success in the United States." Yet, her father thought college was not an option.

A student asked Yang how much her parents wanted her "Americanized." She said her parents tried very hard to ensure the children did not lose Hmong traditions and values. Her parents spoke green Hmong (a specific dialect) all the time at home. They wanted Yang and her siblings to retain the green Hmong dialect.

Yang says she is lucky she married into her husband's family. She married her husband later in her life. Her husband's family was a traditional Hmong family, but not too traditional. Her husband and his siblings were treated the same as they grew up. They all had to do the chores. So she was not expected to do most of what a traditional wife would do. Her in-laws also approved of her working to get a doctorate degree.

Yang was asked about the weight of being a Hmong daughter-in-law. Even though she is married to her husband's family, she is not a blood relative. Since she is an in-law, there was always going to be a clash. She needed to be aware of the context of the family values, traditions, and dynamics of her husband's family. She joked about meeting with friends and complaining about mother-in-laws. Still she was happy her in-laws approved of her.

When asked about teenage pregnancy, Yang believes that everyone has their own journey in life, so she would not judge them based on their life choices. In the Hmong community, many have babies while they are young. She wants the young teenagers to be in charge of their decisions and to be conscious of their own decisions.

According to Yang, you can Google anything. She encourages people to be informed of their decisions and not be ignorant. She says sometimes people cannot control the external forces but they can control their behavior and decisions they make.

Yang also touched on mental health and the abuse of Hmong women. She says that the issue was not openly discussed within the community in the past. People talk about it now because people are more open and it is safer to voice their opinions. In Thailand and Laos, even though it was hidden, it was always there.

"Wherever you go or whatever you do, share life stories with others."

Instructor Jiang, an English professor, had a question as well. She asked if Yang's parents criticized her for raising her son. No matter what Jiang did, her parents didn't approve of how she raised her son. She described her own situation as trying to do homework to please her parents but always being overdue.

Yang responded that her parents approved of her raising her son. Her parents were very proud of her. In her family, six out of her nine siblings have a degree. Since her parents are immigrants, having six of their children have degrees has made them very proud.

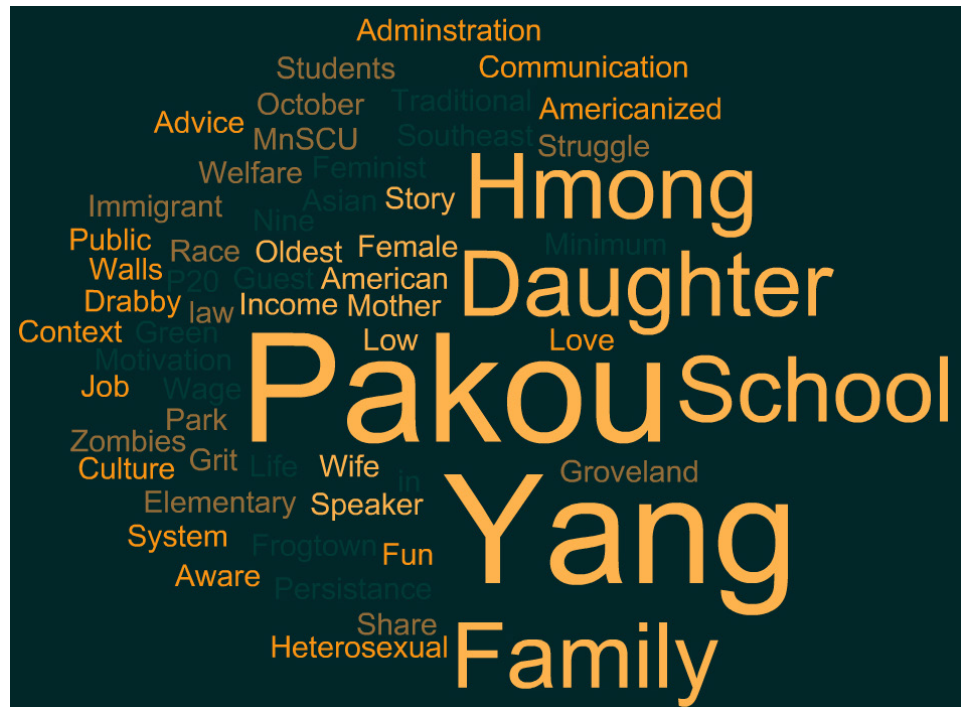
Yang gave advice for the students as the session ended. She told the students, "Wherever you go or whatever you do, share life stories with others."

Afterwards, Yang stayed for a short interview. She said she loves her job. Helping the students in college is very important and dear to her heart. Sadly, she rarely sees students at P-20 unless it is student committees. She does miss seeing students everyday at Century.

For students struggling to adjust to college life, Yang provides encouragement. "Everybody

struggles in different ways. If you don't have the motivation or will to do something, you will struggle. So you have to be persistent. Have grit," she advises. Her life story is going well and she makes sure to share her experiences with others.

Take advantage of resources available to succeed. And of course, share one's experience as well.



Pakou Yang Word Cloud

Image By: Ker Moua

JOIN YOUR CAMPUS STUDENT PUBLICATION!

SPRING 2016

STEP 1. Attend one of our weekly staff meetings, meet the team, and ask any questions you can think of. Don't be shy! We welcome newcomers at the start of every meeting. You can find us in the student club center in the GPS LifePlan Center (near the Nest, next to the Multicultural Center) on Tuesdays from 1:15-2:05 and Wednesdays from 1:10 – 2:00.

STEP 2. Email us. From your Century email, email us your request for a position on staff. Send your request to TheCenturyTimes@Century.edu. Once we've accepted your request, we will add you to our D2L page, where you can submit your work for publication and workshop with other writers, photographers, and designers.

STEP 3. Dive in! There is always a lot of work to be done, so come on down to our meetings and take on whatever jobs suit your skills and interests. Plan on attending one meeting each week as an active staff member.

OR

STEP 1. No really, Dive in!

You can earn college credits for your work on TCT by registering for the Newspaper Practicum class (ENGL 2027).

If you're willing and able to:

- 1) Attend one of the two weekly staff meetings and
- 2) Proactively seek out information on your craft, we will teach you what you need to know to get your work into print.

Questions?

Please email us at TheCenturyTimes@Century.edu

Suicide Claims Another Victim

Sophia Yunk | Staff Writer

I lay in my bed looking up at the ceiling, unmotivated to get up and start my day. It will have to be this month, maybe even this week. I just want to leave this reality; I want feelings that I get to choose. Minutes soon turn into an hour and I regret that I haven't started anything; all I've done is lay in my bed and think.

I go downstairs to see that my family is doing their usual routine: dad is working on his laptop while my little sister, Emily, is playing video games. Mom must be out doing some kind of errand.

"Hey bud, nice to see ya." Dad says looking from over his glasses and glancing away from the computer screen. "I was wondering when you were going to come out of your room."

I don't respond and head over to the pantry to find some food. It always makes me feel uncomfortable when my parents tease me about never visiting the family, but I honestly just don't care enough to try. It's not that I don't love them; I just don't have the energy to pretend like I'm having a blast all the time.

I find some Oreos and pour myself a glass of milk. While eating I think about what I want to tell my family in my good-bye message. I want them to realize that I knew they would get by without me. I'll tell them how they probably won't realize my absence since I hardly leave my room and visit anyways. Maybe I should think about my valuables too.

I go back upstairs without saying anything. This is what it will be like soon; an Arthur-less reality. It will be almost undetectable that I was even here in the first place.

I've written this letter a few times; I kinda keep a journal and start a new one every so often. There's some entries describing how I planned to kill myself, but I think I've finally decided. I didn't want to do anything

too painful and I didn't want to leave my parents with a mess to clean up. Hopefully it won't be too dramatic for Emily and I hope she'll have some good memories of me. I left her my favorite books and video games so that whenever she uses them, I'll get to hang out with her in that moment too.

I leave my room, turn around, and give it once last glance. I've cleaned it up pretty well. Everything is in its place and mom won't have to do anything after I'm gone.

I walk downstairs and grab the keys to my car. "I'm going to hang out with friends," I half mumble.

"Oh, okay. See ya later then," Dad replies.

I head over to my friend Christian's house where he, Nick, Jake, and Ashley were figuring out what to do with the day. We decided on playing video games because none of us wanted to spend any money. It was nice to have a few last laughs with everyone.

By five o'clock I decided it was a day and told everyone good-bye. When I was heading back I realized that I didn't have any regrets. I was finally going to be successful.

I rolled into the garage and shut the door. Here goes. I lay back in my seat and have my last few thoughts. Namely about Emily and how she'll deal with it but also how my parents will hurt at first but in time will heal. I know this is selfish but I can't find it within me to live another exhausting day.

I start to feel sleepy within a few minutes and sense a boggy weight. I can feel death crawling into me. It's coming so fast, and death is so heavy. This is it. I'm scared for a moment but sleep is more important to me right now. I close my eyelids and hope that I wake up in a better place.

Taking one's own life should never be an option. Even when it seems like family members will live on after suicide, they live with a missing piece of their puzzle. If you have thoughts about suicide please call the U.S. suicide prevention line: 1-800-273-8255. For more information on depression and suicidal prevention help visit helpguide.org.

Image By: Cassi Fairnella

Self-Harm is an Addiction

Emily Cheasick | Contributing Writer

I wasn't doing it for attention. It wasn't a cry for help. It wasn't because I was weak, or masochistic, or that I thought it made me cool. I cut, burned, scratched, and bruised myself because I couldn't stop.

Self-harm is something that you start, and soon it becomes a drug, a coping mechanism that helps better than talking to someone ever did.

I'm not an outcast for this—in fact, self-injury has become popular in many cultures today. I used to self-harm, starve myself, and cut myself to the point that I was hospitalized twice for it as suicide attempts. I spent weeks in the hospital only to relapse.

The last visit referred me to the Emily Program, but they wouldn't accept me because my eating disorder was fairly new. After their refusal, I was referred to DBT (*dialectical behavior therapy*) at Minnesota Mental Health, where I spent three months in group therapy. It helped me and many others to better communicate and reduce self-harm. I haven't self-harmed in over six months.

Addiction is characterized by certain sets of behaviors: having cravings, feeling compulsion to perform an activity, becoming dependent on the feeling, growing a tolerance, and injuring yourself, physically or psychologically. All of the behaviors seen in drug and alcohol addiction are also seen in self-harm addiction. Self-harm starts as an impulse, but eventually it causes cravings. Like other drugs and addictive substances, self-harm-and injury in general-releases dopamine into the brain. The rush of dopamine is what becomes addicting.

People who self-harm actually build up a tolerance to the act, which is what causes death, much like an overdose. They need to harm themselves more and more, until they don't realize that they have gone too far and will possibly die. This possibility of death, and the problems this addiction causes, is why there should be treatment centers for self-harm specifically, like the Emily Program or rehab centers.

Many adults and even physicians don't see self-harm for what it is: a serious addiction, in every way. There aren't many known therapy

options for this, which has become an epidemic for adolescents and young adults.

Self-harm can be treated, like any other addiction, with time and proper treatment. Without parents, physicians, and adults understanding what self-harm is, progress will still be hard for those struggling without understanding figures in their life. Self-injury is an addiction and should be treated that way.

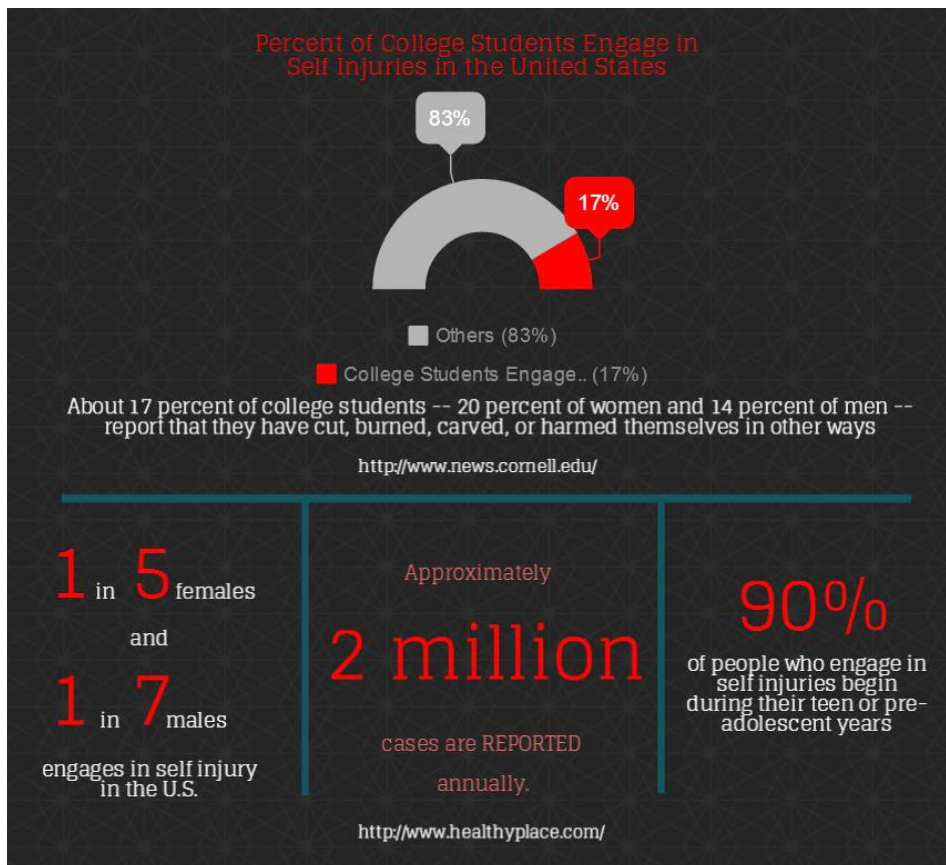
Self-harming behavior is increasing. It is being accepted more, and shown more in media. Younger generations see it online, or from their peers. Observing this alone can increase your risk of self-harming. Approximately two million cases of self-harm are reported each year in the United States alone. Out of these cases, self-harm can be classified as eating disorders or physical forms like cutting, burning, and scratching.

Why has this grotesque form of coping become so popular among youth? The answer is that people all over the world have engaged in self-harm for centuries. This fact is quite shocking to many. The world today sees self-harm becoming more common, especially in adolescents and young adults.

The majority of those who self harm begin around age 14, and continue into their 20's. A majority of those who self-harm say they got the idea from someone they saw or a peer, or on a pro self harm website. NSSI, or Nonsuicidal Self Injury has become rapidly popular, an addiction much like drugs or alcohol.

Addiction centers for other abuse should open up new categories for self-injury. Therapies like DBT and CBT are becoming more popular, but these are specifically for people who suffer with Borderline Personality Disorder. DBT and CBT groups should be offered in all rehabilitation centers because they can be used for both self-harm addictions and drug addictions, and the rate of success is fairly high.

DBT groups are covered partially by insurance and have both adolescent and adult treatment groups. Rehab centers should include these therapy options in their work and should accept self-harm as a serious and real addiction. Self-harm is an addiction and can be treated, if it is properly diagnosed as one.



Discussing strategy

Image By: Austin Schoppmann

Women's Ball-Busting Soccer at Century

Jennifer Howard | Staff Writer

Spring semester last year I saw a flyer hung up at West campus about the women's upcoming soccer season. Intrigued, I read the flyer and decided to email the coach, Bret DeGayner, to get more information about the program.

Fast-forward a couple months and I am playing on the team with 17 other girls. I had never played serious soccer before, so I didn't know what to expect.

I learned that women's soccer at Century has been running strong for over half a decade now; however, many students are unaware of the athletic programs Century has to offer.

When I went to that first practice in the beginning days of August, I was nervous but also hugely excited. It was steaming hot on the field; the sun blasted heat waves scorching our tanning skin. Although the weather conditions weren't ideal, practice forged ahead. We played vigorously for two hours, all-the-while getting to know each other.

I knew committing to this team would be hard; we practiced for almost ten hours each week. Additionally, soccer is a very physically-demanding sport; being in shape is a must. Despite these requirements, I knew that not playing on the team would be a huge regret.

Fast-forward again and the season is almost over. After 12 games, more than 100 practices, and a whole lot of fun, we are playing against Anoka-Ramsey in the post-season tournament at the University of Northwestern. It is a beautiful day, no less than 60 degrees, with the warmth of the sun spraying our backs.



Discussing strategy

Image By: Austin Schoppmann

Bret gives us a pep talk before the kick-off, "Be the hardest-working team out there. . . It doesn't matter if we win or lose." He tells us to go out there and do our best.

We end up losing by one measly goal, but it doesn't matter because I know next year we have another shot and I know that we have never played better.



Last minutes of the game

Image By: Austin Schoppmann

I leave the field with a smile on my face, thinking back to when that 8.5x11 poster caught my attention in the hallway of the science building. I could have easily thought of countless reasons not to play, but I am so grateful that I ignored them.

"They're like my second family!" Hannah Pah, 18, from St. Paul, says about our team. "They make me happy."

As I look back on the season, I remember how much fun we all had and how amazing friendships developed because of it.

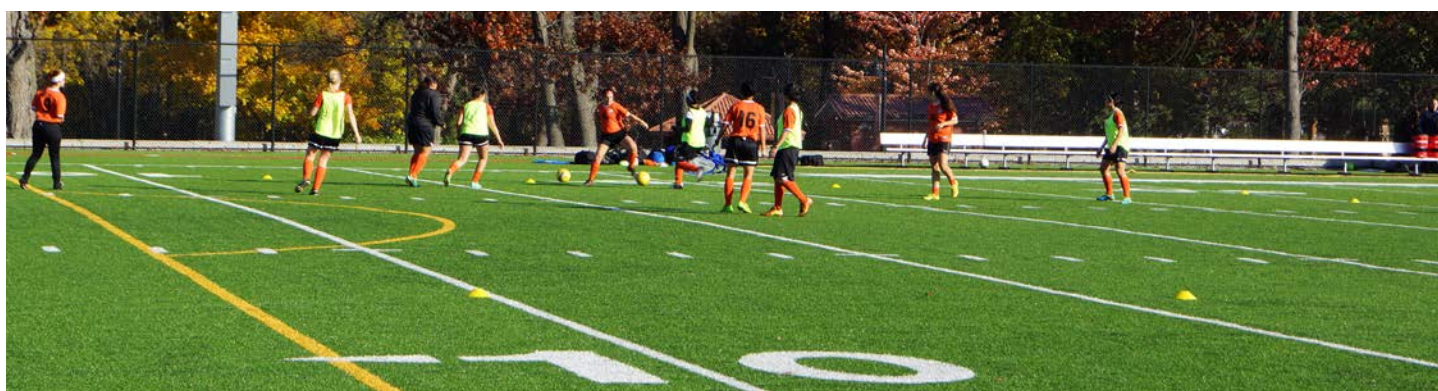
"My favorite memory was training with the girls." Tha Mi Nyw, 23, from St. Paul, reveals about the soccer season. "It was really fun!"

I encourage students to get involved with athletics at Century. If not women's soccer, there's also men's soccer, men's baseball, and women's softball.

Getting involved with athletics at Century was an amazing experience. I wouldn't trade it for anything.

To learn more about women's soccer at Century contact coach Bret DeGayner at Bret.DeGayner@century.edu

To learn more about athletics at Century visit Century.edu/athletics/



Warm up

Image By: Austin Schoppmann

Costumes Shine at Cosplay Café

Sophia Yunk | Staff Writer



The president of the Anime Club, Arturo Renteria, is playing a few tunes for the audience

Image By: TCT Staff

On Wednesday Nov. 4, Anime Club held their Cosplay Café for Century College.

While dressing up like their favorite Anime characters and maids, the club also gave quite the feast for a \$2 cover charge. Chicken wild rice, vegan curry, gyoza, and cupcakes nicknamed “pokepuffs” were some of the options that guests could choose from.

A big hit for dessert were the “American dango” a play on Japanese dango by putting donut holes on a stick.

There were lots of happy faces enjoying both the food and the open-mic talent. Maxwell Yang, student and Anime Club member, commented “I wish there were more people that stepped up.”

Hopefully next time there will be more performances.

Looks like Anime Club’s Cosplay Café is a big hit that will hopefully be here to stay. Stay tuned for Spring semesters event!



Delicious treats were available at the event

Image By: TCT Staff



Alyssa Marthaler enjoying her time at the event.

Image By: TCT Staff



Only some of the cosplayers at the “Cosplay Café”

Image By: TCT Staff



C.C. Debuts Psycho Beach Party

Tom Folske | Staff Writer
Hayley Countryman | Staff Writer, Photographer

Chicklet, Star Cat, Marvel Ann, and Kanaka captivate the audience

Image By: Hayley Countryman



Marvel Ann and Berdine

Image By: Hayley Countryman



Love in the sixties

Image By: Hayley Countryman

Ever imagine a fun romp through the psychedelic sixties? Well, this was without the help of LSD if you saw Century College's production of *Psycho Beach Party*.

The play featured Chicklet, played by Catherine Price Slayden, an innocent teen girl who dreamt of nothing more than to be a surfer. As you might have expected, being the outcast, Chicklet wasn't really accepted by her hip, beach bum peers, well other than Berdine... But she was a different story. Things began to get interesting however when Chicklet had to deal with rejection, and like most people, she dealt with rejection in many different ways, or shall we say forms.

These forms were in fact alternate personalities ranging anywhere from the sweet, loveable Chicklet that we met right off the bat, to a seemingly elderly receptionist that attempted to make sense of her brain, along with many more shocking characters in between. This comical play was written by Charles Busch and directed by Century's new faculty member, Paul Aberasturi.

This fun and strange tale of multiple personalities, surf bums, and teen promiscuity was a little vulgar, but no more than a PG-13 movie you might see in theatres; actually, it had a slight *Rocky Horror Picture Show* feel, which Century College will be showing next spring. In fact, one very comical scene that included fishnet stockings, a corset, a leashed collar, and Develle Grier as Kanaka, especially gave it this feel, and if you are the type that doesn't let a little vulgarity bother you, then it was actually quite funny.

The play itself was beautifully presented. Along with marvelous performances by the actors, the stage hands also showed their talents as well. They brought many aspects that made this production even that much better. Some of these aspects included an amazing use of lighting effects, designed by Grant E. Merges, that included color changes to represent Chicklet's alternate personalities, a smoothly functioning set with amazing sound designs created by Will Slayden, and entertaining commercials and footage from the sixties that really gave good insight into what kind of time the characters were living in.

The characters themselves were fun and interesting. Mark Sweigert, who played Starcat, did a great job being a carefree surfer type, and Mia Lawrence was just as hysterical and nerdy as Berdine. She almost resembled Sheldon Cooper from *Big Bang Theory*, a character that was secretly very caring and easy to fall in love with. Marvel Ann, played by Allie Jackson performed flawlessly.

Jackson did a wonderful job creating this sassy, stuck-up character so much unlike her real self. Price Slayden did a wonderful job portraying unique and extremely different personalities while keeping it believable, entertaining, seamless, and funny. One of these personalities, there were seven in all, was Ann Bowman. Ann was many audience member's favorite personality, and she was, for lack of a better term, a horny dominatrix; the type of character who wanted to take over the world.



Chicklet and Starcat

Image By: Hayley Countryman

Overall the play was impressive and entertaining. Although dealing with many difficult topics within the script, the actors managed to keep things very light hearted. The characters were well cast, the background crew executed a smooth, well-done performance, and director Paul Aberasturi's vision of Charles Busch's *Psycho Beach Party* was presented brilliantly for the first time ever in the Twin Cities.

Hopefully you witnessed this amazing performance while it lasted because you never know when it will be performed again, and if it is, it will be hard to top the vigor and excitement that showed through in this production.



Beach Bums

Image By: Hayley Countryman



Ann Bowman is here to rule

Image By: Hayley Countryman

Local Resources for Students

Ask Century

Century counselors have created an online resource to help students find help with basic needs such as housing, local food shelves and soon clothing. Visit www.century.edu on the right side of the screen click on "Questions? Ask Century"

Personal Counseling Services

Century College West Campus Room W2410
Monday-Thursday 8:00 AM to 6:00 PM; Friday 8:00 AM to 4:00 PM
651-779-3285
www.century.edu/currentstudents/counseling/personal.aspx

Solutions for Recovery

Room is W2270
2:30PM to 3:30PM Thursdays

Academic Resources

The East and West Academic Support Centers

Monday-Thursday 8AM to 4:30PM; Friday 8AM to 4PM
Located on the East Campus in room E2542 and West Campus in room W2461, and provides: space for studying, access to computers and a printer, supportive, helpful staff to help with questions, connections to resources, and peer tutoring.

Quick Stop Hours

Wednesdays 11AM to 1PM
Students can use Quick Stop Hours when they have specific concerns to address with an advisor. Although these meetings are limited to 10-15 minutes, the advisor on duty will work with students to arrange follow-up services as needed. Room is W2410

Career Services

1st & 3rd Wednesdays
9AM to 11AM. Room is 2402

Individual Appointments

Students can stop by the EASC to schedule an appointment with a Career and Technical Education Specialist. This can be a good way for students to get started with resolving bigger questions/concerns.

Accommodated Testing

Students with disabilities who are registered with Access Services can use the center for test accommodations. Contact Raquel Gudiel: 651.779.3310
Email: raquel.gudiel@century.edu. Room is W2440

Student-Parents Resources

Student Parent Center

Century College East Campus Room E2261
A family-friendly study space with a microwave, computers, and supplies for children. Programming and resources geared toward the unique challenges of student parents. Monday-Thursday 9:00AM to 3:00PM; Friday Times vary
For more information: Anne Turnbull: 651-773-1785
Katie Vadna: 651-779-3274
www.century.edu/studentlife/studentparents.aspx

Busy Bees: On-Campus Child Care

Toilet trained children aged 33 months to 11 years may be enrolled for full-time or hourly care. Drop-in care is also an option, space permitting
651-779-3468
<http://www.century.edu/community/childcare.aspx>

Personal and Health Resources

Health Services

Staffed with registered nurses and offers a variety of free services to students. A doctor is available for students at no charge on Wednesdays. Located in E2232
Hours (during the school year): Monday through Friday, 8AM to 2PM
Doctor on Wednesdays 9AM to 12PM
651-779-3954
www.century.edu/currentstudents/studenthealthservice.aspx

Health Care Insurance

If you and your family do not have health insurance coverage, are underinsured or need to renew coverage, ask for a health insurance referral at any of the following:
Counseling and Advising Center West Campus, Room W2410
651-779-3285
Student Health Service East Campus, Room E2232,
651-779-3954

Dental Clinic

Free or low-cost cleaning, x-rays, sealants, and fluoride treatments.
Call 651-779-5787 for more information. Room is E3651
<http://www.century.edu/community/services.aspx>

Cosmetology/ Hair Salon

Century College East Campus Room E3375

Discounted haircuts, facials, manicures, pedicures, foils, colors, perms and much more. Monday-Friday 7:45AM to 2:30PM
651-779-3756
www.century.edu/community/cosmetology.aspx

Food Assistance

Century College Food Pantry ~ West Campus Room W1010

All current students are eligible to use the Food Pantry. Offering snacks and light meals. Students can come to the Food Pantry up to twice per month. All they need is either a student ID card or student ID number. Monday: 9AM to 2PM and 3PM to 6PM
Tuesday: 8AM - 6PM
Wednesday: 8AM to 10AM and 11AM to 4PM
Thursday: 8AM to 12PM and 1PM to 4PM
Friday: 8AM to 11AM
Contact: Justin.martin@century.edu and www.century.edu/studentlife/foodpantry.aspx
For a complete list of food shelves in Minnesota by zip code please visit: www.hungersolutions.org/map. Before you go to a food shelf, it's best to call and confirm hours and availability.

Off Campus Resources

Bee Hive

Assistance with gas and electric bills for St. Paul residents. www.esaintpaul.thebeehive.org/local/help-your-utility-bills/help-gas-and-electric-bills-if-you-live-saint-paul

Ramsey County Assistance Programs

Energy assistance as well as many other financial assistance programs. www.needhelppayingbills.com/html/ramsey_county_assistance_progr.html

The Salvation Army - Stay Warm Minnesota

Resources to help you manage energy costs. 1-800-842-7279
www.salvationarmynorth.org/programs-that-help/basic-needs/heatshare/

Washington County Assistance Programs

Energy assistance as well as many other financial assistance programs. www.needhelppayingbills.com/html/washington_county

[assistance_p7.html](#)

Housing (Emergency and Transitional)

[Century Counselors](#) are available to assist you search for housing as well as to offer you support in other areas of your life that may be affected by a housing crisis; call 651-779-3285 for assistance.

211 United Way

Search online by zip code for affordable housing, emergency shelter, transitional housing, housing expense assistance, and housing counseling
651-291-0211 or toll-free 1-800-543-7709
www.gtcuw.org/get_help/

Ramsey County

All intakes for families needing emergency shelter in Ramsey County need to go through [Coordinated Access for Families](#):
651-215-2262
www.co.ramsey.mn.us/hs/Housing_Crisis_Response.htm
All intakes for individuals needing emergency shelter in Ramsey County can go through [the Dorothy Day Center](#):
651-647-2350
www.cctwincities.org/DorothyDayCenter
[Financial assistance](#) programs for residents in Ramsey County www.co.ramsey.mn.us/hs/financialassistance.htm

Washington County

All intakes for individuals and families needing emergency shelter in Washington County need to go through the housing intake coordinator:
651-430-6488
www.co.washington.or.us/Housing/index.cfm
[Programs and financial assistance](#) available to residents in Washington County www.co.washington.mn.us/DocumentCenter/View/209

YWCA St. Paul

375 Selby Ave., St. Paul, MN 55102
Housing and Supportive Services; Provides affordable and housing-related services for homeless women, children, and families; Empowers families to stabilize their lives and build new skills.
651-222-3741
www.ywcaofstpaul.org/housing/

Shelters

Asian Women United Minnesota Domestic Shelter

Minneapolis
Support and care for victims of domestic violence; Legal and financial advocacy; A 24-hour multilingual help line; Employment assistance.
612-724-8823
www.awum.org

Canvas Health—Homeless Youth Program

Must be a resident of Washington County
Serves youth ages 16-21 who are either homeless or living in places not meant for housing and helps them develop a stable housing plan.
612-724-8823
www.canvashealth.org/specialty-programs/homeless-youth-program/

Family Place

244 Tenth Street East, Saint Paul, MN 55101
Only day shelter for families in Ramsey County with Children. Must be referred through Coordinated Access for Families: 615-215-2262
651-225-9354
www.famplace.org/

Tubman

Two metro-area domestic violence shelters, affordable transitional apartments, and family & children's advocacy. 24-hour crisis and resource line
612-825-0000
www.tubman.org/resources-and-services/shelter-and-housing/

Union Gospel Mission

The Bethel Hotel –Men's Shelter

88 emergency shelter beds for men; Fee of \$6.00 per night; \$3.00 weekly locker fee.
651-292-1721
www.ugmstpaul.org/services-bethel.html

Women's Advocates, Inc. St. Paul

Emergency shelter for women and children; Average stay is three to four weeks; Assistance with finding affordable housing; Support groups for women and children; Child care assistance.
651-227-8284
www.wadvocates.org/

For a complete list of Resources for Students please visit:
TheCenturyTimes.com

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Thomas Folske

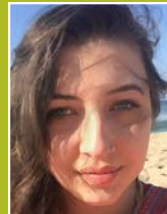


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Are you a photographer, graphic designer, artist, or writer?

Maybe you're interested in proof reading, being an office assistant, working behind the scenes or attending Century College events?

Come be a part of an amazing, creative and fun group of students!

For more information contact: The Century Times Room in W3140
Thecenturytimes@century.edu

Next issue comes out Spring 2016, don't miss it!