

THE CENTURY TIMES

2017 Fall Issue 2

CENTURY
BASEBALL
TEAM
SIGNS
WITH
4 YEAR
COLLEGES.
PG. 10

BUSY BEE'S
ON CAMPUS
CHILD CARE
SHUT DOWN!
PG. 30

LESLEY NNEKA ARIMAH VISITS CENTURY COLLEGE.
PG. 16



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Come to the News Room W1340
if you would like to become a part of our staff!

Woody Is Hiding Again!

Help us Find Woody!

Woody is hiding somewhere in the magazine. If you find him, send The Century Times an email to be entered into a drawing to win a prize!

Email should include:

- your name
- page number
- location of Woody



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Photo Taken By: Ramon Varela

The Majesty of Winter

Todd Schouweiler | Contributing Poet

The winter snow so soft and white,
You think it could not be a blight,
The way it makes the land compare,
To the painted white of a grand-parent's hair,
The birth of spring will shew it away;
Though, winter will come again to stay

Credit: "trail" image by Clark Gregor via flickr, used under CC BY 2.0

JUSTICE

ROLANDO MERO | CONTRIBUTING POET

A GREAT CHANGE
AWAKES THE SLEEPING GIANT
FROM ALL THE PAIN, IT FEELS
FROM THOSE WHO SUFFER IN SUCH A TIME
THE WICKED RUIN THE SOULS
OF MEN
MISLEADING LEADERS
WILL TREMBLE IN THE WAKE
WHEN HE ARRIVES TO DEVOUR THEIR SOULS

Credit: "Giant Gravel" image by Sam-Howait via flickr, used under CC BY 2.0

WOMEN IN LAW ENFORCEMENT BREAKFAST

Sarah Knieff | Staff writer



The Crowd

Photo Credit: Sarah Knieff

The Lincoln Mall at Century was filled with inspiring women this past Oct. 12.

The first ever Women in Law Enforcement Breakfast was held and the turnout was incredible. The event was put on as a way for women who are thinking of a career in law enforcement to hear more about it from a panel of experts as well as Century's own law enforcement instructors.

Many of the experts were given the opportunity to speak out about exactly what it means to be a woman in law enforcement and even the sexism that they have encountered. The master of ceremonies gave information as well regarding the law enforcement program here at Century.

The breakfast was funded by the Perkins IV Act which according to the U.S. Department of Education states, "The purpose of this Act is to develop more fully the academic and career and technical skills of secondary education students and postsecondary education students who elect to enroll in career and technical education programs . . ." The 109th congress moved this congressional act along until it was signed into law by President George W. Bush on Aug. 12, 2006.

The panel of experts included: Chief Laura Eastman of the Bayport Police Department, Sergeant Azzahya Williams of the Minnesota State Patrol, Sergeant Pam Barragan of the St. Paul Police Department, Sarah Halverson Commander of the Washington County Sheriff's Office, and Chief Stephanie Revering of the Crystal Police. The master of ceremonies was Chief Julie Swanson of the White Bear Lake Police Department.

The panel was asked a series of questions from Swanson allowing them to open up about hard hitting topics. When the panel was asked what different career paths are available in law enforcement, many of them spoke up.

Williams said that state troopers patrol highways and freeways. She went on to say that "our bread and butter is

traffic and crashes, but we do so much more than that." They have K9 narcotics and explosive detectors. They have their own version of a SWAT team which is a special response team. State troopers also do executive protection which is when they follow around the governor to protect him/her.

Barragan said, "St. Paul is kind of unique because it is such a large agency . . . you come in as an officer and work the streets for three years . . . and then there are a bunch of opportunities available." One can go to the K9 unit, be a school research officer, go to different task forces such as areas in domestic violence within families, as well as areas in sexual violence. Barragan continued to say, "Whatever your passion is . . . if you get bored at this job, it is your own fault."

Eastman found out that after working 10 years in corrections at the Stillwater prison, transporting prisoners for five years in corrections, then going through State Patrol being assigned their western district, that a smaller agency was for her. Eastman states, "If you are a small agency you get to do it all. So if you get called to a case, it's yours. You are the officer that responds and you're the investigating officer."

The panel was then asked: what types of gender stereotyping did you observe or experience and what advice do you have for those interested? At this moment during the event, the crowd being made up of all women, leaned forward in their seats eager for the panel's reply.

Revering was the first to speak, telling the group a story about when she was first promoted to a police officer. One of her male sergeants asked her to place a man under the influence in the back of the squad car all by herself, which isn't the normal protocol for a situation like that. When she accomplished the task her sergeant said, "Well you passed, good job," as though it was a test that only she needed to do. After her many years in law enforcement, Revering has learned that "men don't like to take direction from women."

Williams spoke next, opening up to the crowd on her



Panel of Experts

Photo Credit: Sarah Knieff

experiences within this field. “The first two years on I felt like I had to prove myself and I felt like that clock started over every single day. I had a good day, I did my job, and they would look at me like ‘Okay she is good enough, we like her, she is one of the good women,’ but I knew that that clock started over every single day. If I made a mistake, I ran the risk of them saying ‘Hm I don’t know if she should be here.’”

“I feel as a woman I have to prove myself 100 times more than every guy standing next to me.”

Williams went on to say, “So I kept doing it again and again each day. At the same time I would always hear comments about the new women coming on, ‘She’s small I don’t know if she is going to be able to handle herself,’ or the guys would ask, ‘That new girl what do you think about her?’”

“So it was maybe three or four years on of hearing them make comments, ‘Is she good enough,’ and never about the men who would make mistakes, that I kind of had to say you know what there are always going to be men in this profession judging you and holding you to a higher standard then they hold themselves at times and I just have to let it go.”

“If I make a mistake at a call, I am human. If the man next to me makes a mistake, he’s human.”

Williams continued, “So essentially I realized that you can prove yourself time and time again, but some people will never see you as equal...you have to set your own path in law enforcement.”

She then gestured around the room and at her panel mates and said, “You can achieve any rank in this profession.”

Eastman continued the discussion by saying that during her experience at the Stillwater prison “they would assign you back in the 90’s to spots that they wouldn’t assign any male to, like in the kitchen.” Eastman then said “Hold your head up.”

Barragan told the crowd that in the St. Paul Police Department they have 615 sworn in officers and out of that just less than a 100 female officers, with a 6:1 ratio male to female. Barragan went on to say that “it was a male profession to start with and we are still getting there, but we are. getting. there. There is strength in numbers.”

Giving advice Barragan said, “Believe in yourself and your own self-confidence, don’t compare yourself to anyone else. You are unique, you have your own unique set of skills and that’s what we have to focus on.” She continued to say, “Being mothers, being leaders in a community . . . we have those [people] skills inherently higher because we do have compassion, and we do care, and we do have loyalty.”

Eastman then said that police officers are “social workers with a gun.”

The panel lasted for only about an hour, but the impression the experts left lasted for much longer. For most of the women within the crowd, what the experts were saying registered with them and signified that this is what they wanted to do for a career here at Century College.

For those interested in this career field, Century is offering a new mentor program that allows students to pair up with a police officer from another agency and then that police officer will guide the student through their two years at century or even after if they pursue a career in this field down the road.

The Law Enforcement Program here is looking for students who are compassionate, empathetic, multi- taskers, courageous, responsible, assertive, trustworthy, collaborative, and problem solvers.

If interested in the Law Enforcement Program, contact Mary Vukelich at 651-779-3981 or mary.vukelich@century.edu for more information.



From right to left Chief Julie Swanson, Chief Laura Eastman, Sergeant Azzahya Williams, Sergeant Pam Barragan, Commander Sarah Halverson, and Chief Stephanie Revering

Photo Credit: Sarah Knieff

FIBROMYALGIA: THE INVISIBLE ILLNESS

Tanita Cronk| Creative Writing Coordinator

For years, I wondered what was wrong with me. Family and friends chastised me, telling me that it was all in my head, or that I was just looking for attention. I was dubbed a whiner and complainer and told that I was just imagining the pain. Eventually I stopped talking about it. I stopped telling people about the intense pain that came for no reason. That even the simplest task like holding a pencil or standing up made my body feel as if it was being tortured.

Many times, when I would go to a doctor I would be told that I was exaggerating. I would be scoffed at and accused of trying to score pain pills. Most of the time I would be told that it was nothing and that it would go away if I just took some ibuprofen. One older doctor even told me that it was all in my head and that if I saw a psychiatrist it would go away.

In 2010, I finally had enough and decided to once again seek out a doctor and I hoped that he would believe me. Fortunately, Dr. Shah was not that kind of doctor. He believed me. He nodded and listened as I told him about the agonizing pain in my lower back that ran down my hip, wrapped itself around my thigh like a boa constrictor, and buried itself in my groin. I watched him quietly as he studied my chart and asked me about the dozens of other times I had tried to tell doctors that I was in pain. Dr. Shah told me that he believed that I was in pain, and that there is even a name for it: fibromyalgia.

The term, fibromyalgia, broken down into its parts are the Latin fibra (fiber), the Greek words myo (muscle), and algos (pain). The condition which was first used in a scientific magazine in 1981, is still considered to be relatively new. Some older doctors still do not believe that the condition exists and believe it to be a psychological condition in which the pain is all in the patients head or made up. There are also other doctors who believe that patients such as myself who complain about this type of pain are simply drug addicts looking to score pain pills.

It can be a long and discouraging journey searching for a doctor who will listen and be helpful. It took me six years of dealing with constant everyday pains ranging from aches and pain like the kind you get when you have the flu to intense radiating pain that make it hard to breathe let alone stand.

I told Dr. Shah everything as he listened intently and then he made an appointment for me with a rheumatologist and later that week I had an official diagnosis of fibromyalgia.

I was so relieved to put a name to this mysterious pain that I actually hugged the doctor. He gave me some recommendations

Fibromyalgia

- the -

"Invisible Disease"

Over 12 M people

suffer from fibromyalgia

The National Fibromyalgia & Chronic Pain Association designates

May 12 as **National Fibromyalgia Awareness Day**

Fibromyalgia patients spend **\$1,000** or more on treatment each month

Fibro myal gia

C.A.R.E.

to help others learn more about fibromyalgia

Symptoms:

- Anxiety
- Chronic body pain
- Weight gain
- Cold symptoms
- Nausea
- Joint stiffness
- Myofascial pain
- Vision problems
- Depression
- Memory loss
- Sleep disorders

Treatments:

- Trigger point injections
- Peripheral nerve stimulation
- Non opioid medication therapy
- Physical therapy
- Massage therapy
- Exercise therapy
- Aquatic therapy
- Acupuncture
- Meditation
- Meditation and prayer
- Yoga

C.A.R.E. Make Fibromyalgia Visible

o n t r i b u t e d v o c a t e s d e c a t e

Fibromyalgia

Chronic

Muscle Pain

Cognitive Difficulties (Fibro Fog)

Tenderness

Stiffness

Wide Spread Pain

Flu-like aching

Soreness

Poor Sleep

Fatigue

Credit: Fibromyalgia the Invisible Disease? Image by P. A. B. x. w. d. k. s. e. d. u. c. e. C. C. B. Y. 2.0

and suggested that I keep in regular contact with Dr. Shah. That day, I went home and began reading anything I could find on the subject. I learned so much more than I intended, but being able to understand what I was going through made it less scary.

One night, as I was lying in bed, I noticed that I was having trouble swallowing. As I tried to take a sip of water, I felt a dribble down the side of my lip and felt like there was a rock sitting in my throat. I tried to swallow and found that I had to force my throat to work. This lasted for about five minutes and then it was gone. I chalked it up to a mystery and shrugged it off.

Then it happened again a few weeks later after I laid down to sleep. The rock was back. This time, because I had been trying to fall asleep, it felt bigger and more alarming. I forced myself to swallow a couple of times and it went away. But fibro wasn't done with me that night. My body felt like it was under the weight of a large stone. My skin felt like it was on fire. As if someone had dipped me in a hot lava bath. The t-shirt and shorts I was wearing felt like they were made of barbed wire scraping at my skin and tearing at my flesh with its sharp teeth. My wedding ring felt as if it had tightened itself around my finger, making the tips of my fingers feel numb. It was a restless night, I probably got about two hours of sleep. I needed to understand what was happening.

Fibromyalgia is the medically unexplained phenomenon that is characterized by widespread pain and a heightened and painful response to pressure. Roughly six to twelve million people suffer from this debilitating illness. No one knows what causes fibromyalgia. Some doctors and researchers believe that it may be in the central nervous system. As of 2012, the American Chronic Pain Association found that one in three people have fibromyalgia. However, researchers still do not understand this illness.

Most people think that fibromyalgia is simply aches and pains. Like a dull headache or a scrapped knee that can be fixed with Tylenol and a band aid. But fibromyalgia is more than that. Besides the chronic pain, there are lesser known symptoms that most people suffer from on a daily basis like debilitating fatigue, sleep disturbances, joint stiffness, difficulty swallowing

(like I was experiencing), bowel and bladder problems, numbness and tingling in the extremities, and cognitive dysfunction also known as fibro fog.

Cognitive dysfunction or “fibro fog” is the “the loss of intellectual functions such as thinking, remembering, and reasoning of sufficient severity to interfere with daily functioning.” This means that sufferers often have: memory problems like forgetting about upcoming exams, reasoning like difficulty making decisions and problem solving, and sometimes it can be hard to think at all.

Many times, I have stopped mid-sentence because my mind had become a total blank and I could not remember what word I was going to say next. Even if it was something as simple as to tell my ten-year old to stop jumping on the couch. These symptoms make daily life for anyone suffering from this silent illness extremely difficult. The public view is very different from what those with fibromyalgia actually feel and go through. Studies show there are many differences in these two views.

For instance, in a survey completed by the American Chronic Pain Association (ACPA), the general public believes that the most difficult things for a person with fibromyalgia to do are exercise, walking consistently for twenty minutes, and lifting things. Most likely this is due to the fact that these activities are related to physical exertion.

However, if you were to ask most people with the illness what they consider to be the most difficult they would say things like driving, watching a movie, or daily household chores such as vacuuming. Because these simpler activities require more repetitive motions,

put pressure on certain “pressure points” in the body that cause pain, and often aggravate other symptoms like stiffness of the joint. Everyday activities become harder for a person suffering from fibromyalgia to do.

According to Andrea Cardinal, a part-time bakery worker and mother of three children ranging in ages from 4 to 17, she finds that the hardest things to do are repetitive motions during daily chores like dishes and vacuuming, working because of the length of time she has to stand on her feet, and taking care of the children. These types of things are very common in those who suffer from fibromyalgia and make every day living difficult.



Credit: "Fibromyalgia" image by Pain Pix via flickr, used under CC BY 2.0

In a recent study done by the ACPA, people without Fibromyalgia said they would tolerate the pain for about two to three days before seeking a doctor about the pain while those with the condition said that they suffered from symptoms for a range of seven to nine years. The pain and symptoms simply become a part of everyday life, something that one just has to deal with.

Fibromyalgia continues to be a mystery to both doctors and researchers of the illness and those who suffer from it. Even for one such as Deb Jefferson, a long-time sufferer and health care professional, she says that even though she is in the medical field; it is no consolation. The pain is still unexplainable. She says that she can maybe understand the pain a little better but as a health care professional whom has worked in hospice programs, where she helped many patients with pain management on a daily basis, it makes it even more frustrating knowing that her health care providers could do more to manage her symptoms.

Jefferson was diagnosed in 2007 with fibromyalgia. She says that one of the things she finds the hardest to deal with is obtaining pain control. "It depends on the severity and the day," she says, "Some days it's as severe as you can't stand to have your clothes or blanket to touch your skin." She also says that maintaining a positive attitude is also difficult. She is not alone. According to the Anxiety and Depression Association of America (AADA), 20 percent of all chronic pain sufferers also suffer from some form of anxiety or depression. Jefferson says, "The fibromyalgia with co-related conditions exacerbate the intensity of each condition. Therefore, it intensifies the level of pain which makes any activity of daily living difficult."

The pain of living with fibromyalgia can be overwhelming. It is also one of the most inconsistent illness. Cardinal, who was diagnosed in 2008, agrees that the inconsistency for her is one of the hardest things to deal with. Not every day is the same. Today I will be able to run through the park with my children, run errands, and feel as if I am on top of the world. Tomorrow the simple act of getting out of bed will feel like my blood is made of needles coursing through my veins and the clothes that I am wearing are too tight, making it hard to breath. Most days it feels like there is a constant knot in my shoulder and I am waiting for someone to rip off my shoulder blade and massage it for the next two days until it goes away.

The one thing I always tell people about fibromyalgia is that it is invisible. I don't look sick; it is not a condition you can see. You cannot look at me and tell that I have fibromyalgia because it doesn't come with visible symptoms that would tell you that a person has this illness. Much like anxiety and depression, it is something that unless a person tells you that they have it, you would know or guess. Fibromyalgia is a silent mystery that plagues its sufferers with chronic pain. Doctors and patients



Image courtesy of Deb Jefferson

alike are still trying to understand it.

Because there is no blood or other laboratory test that can help determine whether or not a person has fibromyalgia, it is one of the hardest illness to diagnose. It does not show up on an x-ray and is largely based on one's reactions to pressure points on the body and how one feels. Fibromyalgia and its sufferers are often misunderstood.

One of the ways people can get more information on fibromyalgia to better understand family and friends that suffer from the illness is to read up on the topic at websites like theacpa.org which is the official website for The American Chronic Pain Association. Being patient and listening to your family member or friend is the best medicine for those with fibromyalgia as it is often accompanied by other disorders such as depression and anxiety.

Living with fibromyalgia is tough and makes daily activities such as going to class, walking across campus, or even just sitting and listening to a lecture much more painful and rigorous than they should be. The anxiety that washes over me at these times is sometimes unbearable and overwhelming, but with the support of my family, friends and through constant communication with my professors, I have been able to overcome some of those anxieties. There have been times when I have had a professor who didn't understand what fibromyalgia is, but I simply took the opportunity to help them learn. It's not apparent that I am in pain, I don't have an illness that you can visibly see. It is up to us to raise awareness and educate people about this mysterious and invisible illness so that we can acquire more information about it and hopefully one day find the answers to the pain.

Why Take Spanish at Century?

Your transfer school may require a foreign language for graduation!

The University of Minnesota-Twin Cities requires 4 semesters of college language for graduation in the CLA and CIS. St. Thomas requires 3 semesters for graduation. Additionally, languages typically count toward other graduation requirements, such as Global Perspective.

Language classes fulfill Goal 8 (also Goal 6 as of fall, 2017) in the MN Transfer Curriculum and also transfer as electives!

Competence in another language will boost your employability! The ability to communicate in Spanish will be useful in the health professions, service professions, hospitality, and business, just to name a few areas.

Spanish is an important language in the U.S.!

Latinos/ Hispanics comprise 17 % of the U.S. population!* This figure is projected to rise to 28.6 % by 2060. Latinos will increasingly become part of our families, our circle of friends, our places of work and our communities.

Spanish may be the language of your heritage!

You can learn to converse, read, and write in Spanish at Century.

It's fun! Get to know your classmates as well native Spanish speaking tutors from across the Americas in the Language Lab. Broaden your cultural understanding of the world.

*<http://factfinder.census.gov/bkmk/table/1.0/en/PEP/2014/PEPASR6H?slice=hisp~hisp!year~est72014>

**<http://www.census.gov/population/projections/data/national/2014/summarytables.html>



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CENTURY BASEBALL PLAYERS SIGN WITH 4-YEAR COLLEGES

Tony Harringer | Staff Writer



Image courtesy of Dwight Kotila

During this year's NCAA fall signing period for baseball, four players from Century College have signed with NCAA colleges, with three of them going to Division I schools.

Griffin Schneider, Ryan Hennen, Jack Voigt and Drew Prange all signed to play baseball next year with teams from the NCAA. Schneider signed with Wagner University in New York, Hennen and Voigt will both be going to North Carolina-Greensboro and Prange will be attending Grand View University in Des Moines, Iowa.

These are all great programs for these players to attend and will hopefully push them towards a successful career in baseball.

Century has had a history with players going on to play for D1 schools/colleges. Over the past six years, nine players who played baseball for Century College have moved on to play for Division I schools. In addition, over the past seven years, across NCAA Divisions 1,2 and 3, as well as the NAIA, over 80 players have gone on from Century to sign with colleges to play baseball.

The Spring Signing Period will be coming up as well during the spring semester, and in addition to the four players mentioned above, more sophomores are expected to sign with other colleges.

The Right of Decision-Making

Suhaib Abugdera | Contributing Writer

It has often been hard for people to decide about what is the best decision they should choose with guaranteed expectations. It would be easier if someone decided randomly, but the expectations are important because there might be failure and regret afterwards. I always consult and ask for more information if I decide to do something.

In the past, I was planning to complete my education abroad so I was confused about which country I should go to. I was thinking to go to one of the European countries instead of the United States. If I made a different decision, there would be some changes in my future. If I had gone to a different country, the changes would be not getting a good education, not learning an important international language, and not getting a good career.

Education was the most significant reason for making that decision. Therefore, I went to the U.S. because it has a good academic reputation. They are good at STEM(science, technology, engineering, and mathematics). If I went to a different country instead of the United States, I would not get an excellent education like in the U.S.

The education system in the U.S. is different from other countries. Students do a lot of homework, assignments, work with group activities, and other methods that students benefit from. In a comparison of going to a different country, there would be many differences about education. For example, the education outside the U.S. depends on research and they do not give homework or assignments, and many engineering schools are not very practical like in the U.S.

Languages are important in this world. The decision I had made was good because I gained one of the most important languages, which is English. If I had chosen to study abroad to a country that does not speak English, there would not be many chances in the future to get an excellent job.

A lot of companies all over the world use the English language as a communication tool, and as an official language in their policies. I was working in an international company in my country and we used English to communicate with each other. The importance of the language is not seen clearly and not believed for many people as I see it.

The world is based on the English language and many aspects of using it. English has the most speakers in the world. I had made the right decision to come to the United States.

The result of not choosing the U.S. would be not being able to communicate with a lot of people whose native language I cannot speak. I will not get an excellent job due to the importance of the language. If I had not made that decision, I would be in a situation that makes me regretful and feel failure.

Employment is one of the major reasons that went into my decision. If I did not decide to come to the United States to study, I would not have gotten a degree and I would lose my future career. Most of the employers require degrees from institutions that have a good reputation. The universities in the United States are excellent, and they rank on the top of global universities. I listened to people who experienced this kind of situation. They had recommended going to the United States to study because they have been to the U.S. and they were sure about it.

According to an Indian chess Grandmaster and former World Chess Champion, Viswanathan Anand says, "I think an important lesson from the game is that once you have made a move, you cannot take it back. You really have to measure your decisions. You think a lot. You evaluate your choices very carefully. There is never any guarantee about what is going to follow once you have made a decision." What Anand means is that before we make a decision, we should think carefully because we are not sure if the decision is going to lead us to somewhere we do not expect and we cannot withdraw it from the past. I was always thinking if I did not come to the United States, there would be fewer opportunities to get a great job in the future.

Overall, education, learning English, and getting a good future career are major reasons for making a decision. Wrong decisions can lead to failure and regret. An excellent education and learning an international language will make me get a suitable job easily and make my plans achievable. Making a decision is the most essential of determining the future and it is a great factor to make plans for long-term expectations. I hope the major reasons that I mentioned would be beneficial for others to have with them and focus on them before making a decision. I believe there are many other reasons that I should consider, but my reasons are what I started with for studying abroad.

ROCKY ROCKS THE ROCKY HORROR SHOW

Vladimir Cruz | Editor-in-Chief

Former Century student and performing arts major, Dario Paredes Alvarado, also known as “Rocky,” accomplished a lot during his time here at Century College. Through extraneous work and dedication, Paredes did not disappoint. This is how he landed the lead role as “Rocky” in “The Rocky Horror Show.”

Century College’s Theatre delighted our town with one of the most iconic and comical American musicals of all times, “The Rocky Horror Show.”

The show was directed and produced by Paul Aberasturi, who opened the auditions to the public bringing many talented actors from all over the Twin Cities and Century College. Around two hundred talented actors showed up to the auditions.

Century College Alumni, Paredes, auditioned for a role to dance and act as part of a group, disregarding the chances to get picked as one of the lead characters. During the audition process, Paredes proved to have the triple threat (acting, singing, and dancing) that the casting committee were looking for one of their lead roles.

Paredes describes that, “the casting process was very exciting, but I stayed opened minded for whatever the director’s decision might had been. That’s the drill; sometimes you get it, sometimes you don’t.”

Image Courtesy of Dario Paredes Alvarado

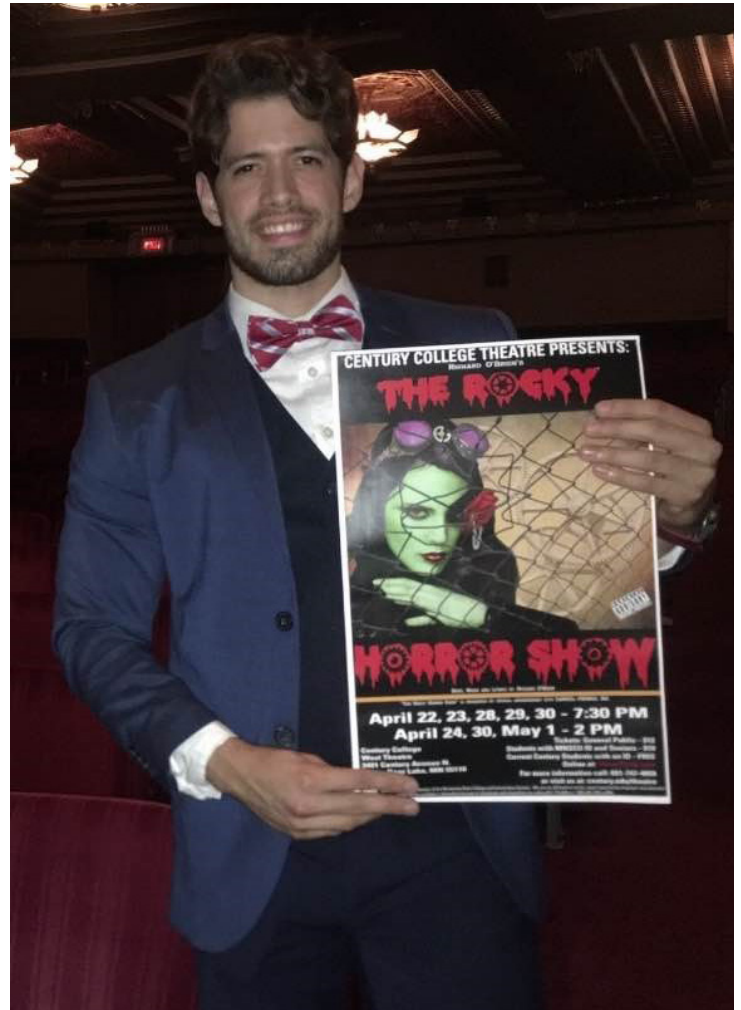


Image Courtesy of Dario Paredes Alvarado





Image Courtesy of Dario Paredes Alvarado

It took about a week of hard work, and a series of auditions to select the final cast composed by twenty-seven actors, six leads, and twenty-one ensembles with no understudies.

Paredes was cast as Rocky, one of principal characters.

"I was very happy and honored after I found out I had been picked to play Rocky. This was the first musical I had auditioned for and didn't know much about the show," Paredes states.

The rehearsal process tested the cast members with long hours of hard work. The actors received voice training, dance lessons, and some acting sessions by the professional instructors and company members.

Some actors went through some cosmetic changes. Paredes had to go through some changes to bring the scripted character to life. He underwent a strict diet and hours of intense gym to achieve the healthy, tone, and muscular body that distinguishes Rocky.

After three months of preparation and rehearsal, the company was ready to open the show. "The Rocky Horror Show" opened to the public on April 22, 2016 and made hundreds of patrons laugh with its surreal comedy.

The hysterical and nonsense humor of the show brought many people together for an affordable cost. At the same time, the company members shared a very unique experience they would remember forever.

Paredes emphasizes that, "The Rocky Horror Show is one of the most exciting production I have been part of. I learned so much from my theatre mates and the whole experience was very valuable to me. I would like to give very special thanks to my director and coach, Paul Aberasturi for his unconditional support and to the cast and crew, who I keep close to my heart."

Image Courtesy of Dario Paredes Alvarado



Image Courtesy of Dario Paredes Alvarado



THE SCARIEST NIGHT OF THE YEAR

Ross Kropacz | Staff Writer | Photographer



Beware all ye that enter Hammerandforest.



The pumpkin king. Art, an artist, but of what?

As I strolled through the dimly light hall of Century on the night of all hallows eve. I found myself walking with ghosts, goblins, past witches and monsters of all sorts.

It was then, that I found in front of me a man with the head of a chicken. uncrossing his arms, he pointed me to the Nest. Wear I found the gathering was in full bloom.



time we can have a party with a goblin and super man at the same time.”

The Halloween party at Century this year was fantastic. With delicious food from spaghetti to candy. Activities from pumpkin painting, live portrait art, live music and the game clue played in real life.

The game was played with sixteen players. Each wear given a character and one was the murderer. Working as a team the sixteen had to try and find the killer while one of them was doing everything not to get caught.

But of course, the stars of the show wear the costumes. From witches to the chicken headed man the costumes were fantastic.

“it was the most fun I have had on Halloween since I was sev-

en.” Century student, Dominic Rulli states.

The anime club also had a hallowed special sadly I was to late to catch it but I hear it was very spooky. In all it was a night of fun and games that was well worth the time spent.

If you did not get to go this year, try and make it next year. Its free if you are a student and a dollar if you aren't. So, if you're like me and love all things scary give it a try next year.

A special thank you to the staff for all their hard work. They did an amazing job making everything look wonderful and handling the crowd.



A strange guide

The smell of food drew me in only to find that this was not the only thing to see.

Nate Lottseltdt, a Century student mentions, “Halloween is the only



I AM A VETERAN AND...

Tony Harringer | Staff Writer

An exciting photo exhibit is coming to Century College to highlight Veterans that attend the college. Led by Veterans Services Coordinator, Shannon Kasperson, a collection of photos will be on display outside the Student Life Office by the Nest from Monday November 6th, till Friday November 10th.

The photos will be of Kasperson's students in an effort to show people that veterans are not any different than other people. "When I first took this job, I had a pretty narrow idea of what someone in the military was. And I think that is a common theme when we work with people outside of who we are." She describes that often people in the military are generalized to what we think they like and what they do with their free time.

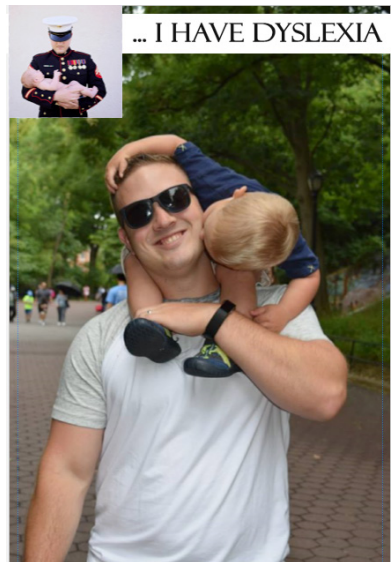
That is what this exhibit is all about, we get to see a side to veterans that we don't normally get to see. We get to see that they do normal things and have hobbies just like the rest of us. And sometimes we find out that what their hobbies are or what they like to do for fun is surprising and interesting.

"It is this idea that we think we know who people are, and you have to break through the stereotypes and preconceived notions you have to figure out who people really are. And then you realize that they are not that different from you. There's a lot of things we have in common too that we don't know unless we look deeper."

Kasperson's said her goal is she is hoping to bring a larger sense of education to our community about who her students are and what they are. To shine light on what they like to do, their beliefs, and just to showcase you cannot peg them.

Ksaperson also showed how much it meant to her: "It's been very valuable to me, it's a big learning experience that I'm really lucky to have."

Photo images are courtesy of Shannon Kasperson



Lesley Arimah Visits Century

Serenna Werling | Staff Writer

Ramon Varela | Photographer



On October 25, Leslie Nneka Arimah, author of “What It Means When a Man Falls from the Sky,” visited Century to speak and read stories from her acclaimed book. The afternoon event kicked off at 1:30, with Arimah reading her short stories “The Future Looks Good” and “Light.” In the evening, after dinner with President Millender, she returned to Century for a second event, where she read “Glory,” another short story from her book.

Arimah creates stories that span mere pages but cover worlds. She writes of misfits and rule breakers, offering a realistic, if grim, viewpoint on society’s outcasts. She says that her stories often contradict the common tale of the rebel who overcomes the status quo and rises to fame and acceptance.

“There is a veneration of the misfit, and that’s not what really happens. In the real world, the misfits remain misfits... That’s a place I was myself, so I wanted to write a realistic exploration of being someone who isn’t quite

doing right. There usually isn’t a moment of triumph or overcoming—it’s just the way things are,” she explained in an interview after the event.

The stories in “What It Means When a Man Falls from the Sky” make skillful use of character and place to explore belonging, loss, and the fate of society’s outcasts and rebels. Some of the stories, such as the titular story and “Who Will Greet You at Home,” incorporate fantastical elements, allowing the reader to explore alternate universes that seem every bit as vivid and three-dimensional as our own.

“I really like the idea of just being able to dip into these multiple worlds. I get people saying, Oh, this could be a novel, and it’s like, yes it could, but I don’t want it to be. That’s what I love about short stories. You can be fully immersed in this world for twenty-five pages and then move on and fully immerse yourself in another world. It’s really satisfying to be able to create all these different worlds one after the other,” Arimah said in the interview.

She also revealed her methodology for creating those worlds. “What I tried to do was write the story as though this was a world that already existed. Your characters don’t know that they’re not real—as far as they’re concerned, this is the real world. When you enter the story with that frame of mind, where you treat your character and the story as something that already exists in this world, it changes the language you use, the things that your character notices, and creates the impression of a world that’s already there.”





It works perfectly. The stories expand as you read them, leaping off the page and metamorphosing into immersive universes.

Arimah says she started out as a massive reader, and did not discover writing as a career until college. “It wasn’t until I took a class in college that I was able to conceptualize the idea that somebody wrote all these books that I loved and was introduced to the idea of that being something I could do. Once I realize that writing was a thing that you could study and do, it was inevitable that it was a

path I would follow because I loved books so much. Why not become somebody who creates those books?”

She was worried how her father would react to this decision, because he’d originally hoped she would go into a practical, lucrative field. “He was very practical, and it was just understood that we would all go into practical careers, so I was worried about telling him I wanted to become an artist,” she recalled. “He told me that he himself had always wanted to be a writer, and he had decided to go into engineering because he wanted to support a family, and because of that, he’d always had some regrets. He didn’t want me to have those same regrets.”

Arimah also had some advice for young writers. “You have to read a lot. By reading a lot and reading widely, reading literary work, reading fantasy, reading science fiction, reading Westerns, reading romance, you learn all these different ways to tell a story.”



Creative Student Submissions on:

What It Means When A Man Falls From The Sky

Compiled By Sara Romanoski | Managing Editor

In connection with the Lesley Arimah event, Century students were invited to submit creative work in the form of drawings, poems, or reviews to portray their feelings and reactions regarding *What It Means When A Man Falls From The Sky*. The following pieces are samples of the submissions we received.

Second Chances

Story reviewed by Anne Voy

It is told from Uche's point of view starting with her listing the things that we should ignore but also give us an idea of our surroundings to help us visualize it better. Uche tells us how her mother is helping her get a discount on a mattress, and she is watching in her mother with caution. Uche tells us that her mother has been dead for almost a decade.

Uche recognizes her mother's clothes from a photograph and through the story, she begins to look for it desperately. Uche's search is interrupted when her younger sister, Udoma, gets home. Uche's sister runs to her mother and hugs tightly. Uche acknowledges this was something she knows she should have done as well. But Uche is still so full of hurt and had gone through so much to get over her mother's death. She treats this as an unwelcome intrusion.

Uche's sister begs her sister not to ruin this little reunion with their mother. But Uche had been older than Udoma when their mother had died and had gotten to the point where mother and daughter disagreed. Uche had different views with their mother, different opinions, and had arguments with her mother that could no longer be ended with "I'm your mother!" and "Because I said so!"

When Uche finds the photo, she remembers her last conversation with her mother or more accurately, their last argument. Uche had forgotten to pick Udoma and her mother up. An argument takes place where her mother declares Uche a disappointment. This seems to echo about in Uche's mind even up to this moment and when her mother is gone in the morning, Uche allows the echo to leave her head as she finally speaks out loud, the reply she wanted to give, "I'm sorry. I love you. Please forgive me."

What Is A Volcano?

Story reviewed by Ashley Thao

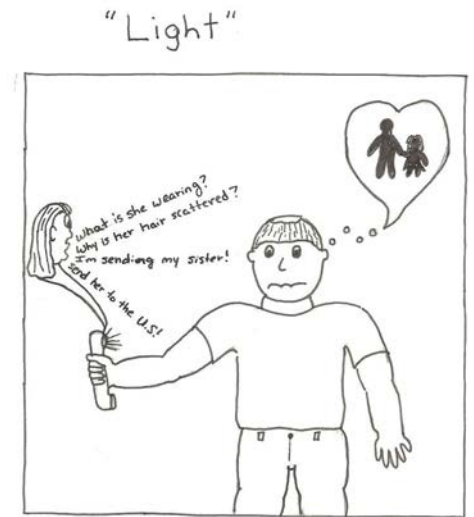
This was an interesting story of struggle between two very different people. The context of who these people are can be anyone. It's vague as to who the River Goddess is, and who is the Ant. The story shows a power struggle at first between the two, then it shows vengeance and plotting. As how any person may feel, revenge is not just any revenge, but a real conniving and hurtful revenge. It starts out as small as putting stones into the river, then flooding half the earth along with an old colony of ants. Later, it leads to kidnapping with the result of a murder. It shows how hurtful and out of hand revenge can get. Towards the end of the book, it shows how Ant, not meaning for it to get as out of hand as it did, goes into hiding, living with regrets and secrets. Not being able to ever tell anyone, he puts all his secrets in a stone hoping someone else can carry his burden.

This story, "What Is a Volcano," is very relatable to society, children, adults, and all sorts of people. Revenge on others is not the key. Sometimes when performing revenge, it does go too far leading to bigger misunderstandings. Thus, the story being called "volcano." Every misunderstanding builds up leading to the big blow up. When the volcano does erupt, it's chaos, and hurts more than the intended audience.



Wild

Illustration courtesy of Nazanin Ghanian



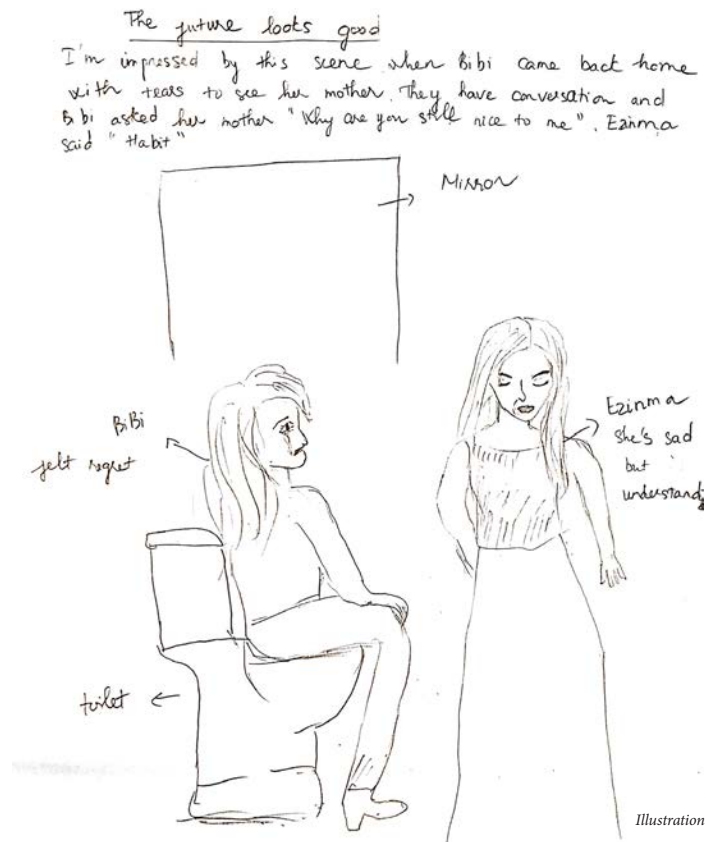
Light

Illustration courtesy of Alex Lindau

Windfalls

Poem by Sylvia Overgard

One foot in front of another,
not where it's supposed to be.
Your knee meets the rough concrete
forced to hold in the silent tears.
Your eyes meet, your heart beats faster.
The minutes turn to months, the months turn to,
"I do."
Years later, you've never been happier.
You wake up to red, yellow, orange,
windy days, and frigid nights.
Warm from oversized sweaters and thick boots
that make a satisfying crunch.



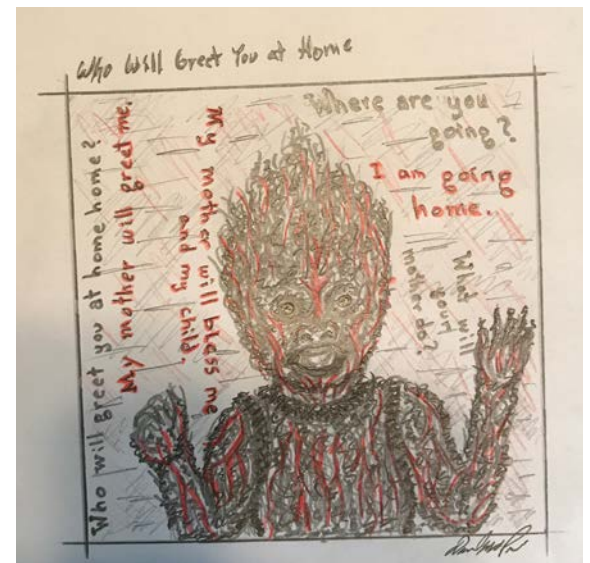
The future looks good.
Illustration courtesy of Tina Tran



Who will greet you at home

Illustration courtesy of Anna Kronmiller

The Crow's Tale By Adam Gamarra



Who will greet you at home

Illustration courtesy of Daniel Prusi

The wind crashed into the mighty trees of the forest, as if trying to bend them to its will. The trees, seeming to not care, just stood firmly in place. The sound of animals could be heard here and there throughout the forest. In this forest sat a mighty tree, one that dwarfed all the other trees in it by a large margin. On this tree sat one lone crow silently napping away. The crow, letting out a small snore every once and awhile, was the only thing to disturb the calm atmosphere of the area. That is until there came a small thud from the base of the tree. This thud was just the first to come and as it repeated itself, it started to pick up in speed. After one mighty thud, the crow was finally jolted awake. Noticing a large man at the base of his home, the crow's curiosity quickly became insatiable, and he flew down to see what was going on.

This piece is an excerpt from "The Crow's Tail," a piece that was created by inspiration gained from Lesley Arimah's book. You can read the rest of this work online at www.thecenturytimes.com

When Silence Isn't Golden

Sara Romanoski | Staff Writer

Christopher Juhn | Photographer



"I feel sad, I wasn't surprised, it's America."

This was the response of Vice President of Student Affairs Joyce Coleman in relation to this summer's event in Charlottesville, Virginia. Although it has been nearly three months since the incident, smaller scale injustices happen every day, in every community, and we must not let the conversation lapse. These smaller incidents often go unreported and become silent crimes that contribute to an environment where intolerance and bigotry are normalized.

With 40 percent of Century College students identifying as persons of color, this is an issue that is of urgent import to our commu-

nity. By keeping these events in the spotlight, we are taking a stand and encouraging change in our nation.

On Aug. 12, a group of protesters gathered to oppose the removal of a Robert E. Lee statue from a local park in Charlottesville, Virginia. Among the protesters were white nationalists, neo-Nazis, neo-confederates, and several armed militia groups. The groups marched the streets of downtown Charlottesville and in Emancipation Park, where the statue was to be removed. Counter protesters included Black Lives Matter, Democratic Socialists of America, National Council of Churches, local civic organizations, students, business owners, and other community leaders marched in opposition of white supremacy.

While most instances of discrimination and prejudice are not reported by national news outlets, it doesn't mean they aren't occurring. "Charlottesville wasn't a surprise," said Coleman. "It has been happening for hundreds of years in America to people of color, and it's still happening. But now we have social media and cell phones." The rise of technology has given the everyman a platform to project hateful speech in a simple and non-confrontational way. With the barrier of a computer screen, these people feel free to post or share reprehensible rhetoric without consequence.

In the wake of protests and counter protests like the ones in Charlottesville, it can be difficult to know how to react or acknowledge what has happened. Often, people take to Facebook and other forms of social media to express feelings of anger, fear, or sympathy but after the initial shock wears off, they move on. While there may be a general understanding of the magnitude of these destructive and sometimes violent happenings, posting personal reactions on social media is a reflexive reaction to these overwhelming events, but in the end, are short lived and ineffective. No matter how genuine the sentiment, words are not enough. Standing up, taking action, and refusing to back down in the face of adversity are the only ways to ensure the facilitation of change.

Here are some suggestions for immediate action:

1. Start Talking

Seek out opportunities to talk with others about current events and the political landscape. Facilitating conversations with peers can be a valuable tool in attempting to understand varying points of view.

2. Educate Yourself

With the internet at our fingertips, the over-abundance of information and opinions are more accessible than ever. It is important to engage with credible news sources to ensure the media you consume provides you with accurate and un-biased information.

3. Donate

Monetary donations are a common way to show support, but if you want to take a more active role, consider volunteering your time. Try looking to government sponsored websites for verified organizations accepting donations and volunteers.

4. Make Your Voice Heard.

Attend local rallies, demonstrations, or speeches to support causes you believe in. Sign petitions, engage with others, and be present in your community.

5. Talk to Your Representatives

Call or write to your local representatives to express your thoughts, ideas, and opinions. Don't wait for someone else to call, take a stand, and voice your concerns. Visit the US House of Representatives and US Senate websites to find contact information.

"We have programs to support you and are trying to develop more programs to help students," said Coleman. "It is about making sure that every student who comes through our door knows that they have value and they are valued. They are affirmed and they are going to become part of the community." Century students have access to a variety of resources that can provide assistance if you are the victim of racial discrimination or need counseling services.

According to the Multicultural Center website, it provides valuable services like: cultural specific programming, social awareness and leadership opportunities, scholarship opportunities and international student support. For more information about the Multicultural Center, stop by their office at W1220 or visit www.century.edu/campus-life/multicultural-center.

Coleman has this advice to offer us, "Until we learn our history, we aren't going to change. Until we start acknowledging people as individuals and not stereotypes, we're not going to change."



Comparing Jordan to the United States

Amro Abu Yosef | Contributing Writer

I had the power to choose between studying in my country Jordan or coming to the United States of America. “It is a luxury to be able to choose what you do,” according to a Peruvian photographer, Mario Testino. I made my decision after thinking for a long time, because that choice would decide how my life would go.

It was hard to choose between staying with friends and family or going to live somewhere else alone. Whatever I chose, it would be the best for my future. The differences between the United States and Jordan affected my choice like family, friends, education, and job opportunity.

When I think about it, the first thing came up to my mind is my family. I am in the United States, away from my family. I miss my mom’s food, my dad’s bad jokes, and I even miss playing with my younger sister. I also miss my dad yelling at me to leave the phone and come to sit with them, or even my mom’s words when she wants something.

Now I have to wait at least a year to see them again. If I stayed in Jordan, I would be with my family right now drinking tea with them and laughing about things that happened to us and I would not be missing my mom’s food. My family means everything to me and I hope that I will see them soon.

My friends played a big part on my decision because I spent most of my time with them. We used to play cards together while we are smoking hookah. If we decided to do something different, we would hang out in the car or go on rides around the city while we are playing music at the highest volume. It was great being with them.

My friends are like a family to me, they know things my parents do not know it. That is what makes our friendship special and different than other friendships. Right now, I am in the United States without them. I will see them after a couple of years. I will never have friends like them here.

It is hard to find good friends these days in the whole world. Spending my time alone without having them around is boring because I used to enjoy my time with them. Making that decision was hard. I knew that I will be far, but in a situation like this you should let your brain judge and not your heart, because emotions always choose the wrong decision.

When I think about what is best for my education and my job opportunity, I directly choose the United States because I know that is the best at education. I am aware that Jordan would been better because I know people over there, but by choosing the United States I know that I made the right decision by coming over here. It is a country with strong education and it will give me more chances to find a job when I am done.

If I went to study in Jordan, I would get a job but not as fast or as good as the one I would get when I am graduated from the United States. Also Jordan is a strong country if we are talking about education but the United States of America is much better. The education in Jordan is hard and you go to school every day and they teach you in Arabic so you would not get the chance to learn English. Here, I study in English which people use more these days. For now, I am here studying in the strongest country.

When it comes to your future, you have to balance a lot of things like family, friends, education, and job opportunities. If I have a degree from the United States, it will let companies pay me more because it is a good degree from a great country. I will miss my family. I will see my friends again and we will get together again.

I am sure that I made the right decision for my future as a student and as an employee. Sacrifice is part of our life. “There is no decision that we can make that does not come with some sort of balance and sacrifice,” according to Simon Sinek, a motivational speaker. The first step is always hard but I know that it is the right choice.

I am here to make my family proud and to get a better life because I deserve it. I miss Jordan and I miss being in it but at the same time I am happy because I made my choice using my brain, not my heart and emotions.

International Students Should Have More Job Opportunities at Century College

Iris Montaña | Contributing Writer



Image courtesy of Iris Montaña

Studying in the United States has been the dream of many people around the world and a lot of them have achieved this privilege. As evidence of it, there are a large number of international students admitted and enrolled at Century College. In order to be admitted, international students have to comply with a series of suitable economic and legal requirements.

It would be interesting to know why at Century College, there are not many job opportunities available for them. These experiences would improve their English language skills and help them earn money to finance their education.

One of the primary reasons that positions available for international student employment on campus should be considered is because they provide English language skills through the relationship with other students at the college community. Exploring new cultures is part of the learning process. Also, this job would create a good reference for future employment and would contribute socially and professionally to the integral development of the students.

According to an article written for the international journal of "Higher Education," the authors, Mark Sherry, Peter Thomas, and Wing Hong Chui writes, "One of the most common suggestions they made was for a more formalized process of social interaction with American students which would enable them to acquire English language skills, including knowledge of slang, in a more relaxed environment." In other words, it will be a great experience to develop the language and a great influence on academic success.

An example is the Venezuelan students abroad. The government of Nicolás Maduro has completely abandoned them. It has been more than three years and the government has not liquidated the Venezuelan currency in order to be able to maintain itself. Similar situations can be found for students from Asia, Africa, Central, and South America.

For international students at Century College, many of them have turned to sponsors, organizations, and associations to cope with the economic stress that adds to the uprooting, insertion into a different culture, learning the language, and change in their lifestyle before the immense desire to acquire their profession. International student employment on campus could contribute emotionally and financially. This experience helps students earn money and finance their education while reducing the expenses of the sponsor with the personal expenses of the students.

International student employment is often discussed because the F-1 Visa is only for educational purposes. Students must prove that they are completely prepared to cover their living and study expenses while they continue to study in the United States, as legal employment opportunities will be limited.

According to United States Citizenship and Immigration Services (USCIS) website, the government applies restrictions on employment options for holders of F-1 Visas, and students are allowed to work up to 20 hours a week on campus when they are studying. They are allowed to work off campus under extreme economic conditions caused by inconveniences that have transcended beyond their control. To do this, they have to demonstrate to their designated school official of their financial hardship and then the authorization would be issued by USCIS.

Because this is the law and the laws are severe, there is a great appeal to university authorities to have international student employment on campus. Although there are multiple benefits for foreign students to have a job, it can be shown that employment opportunities for international students at Century College are limited.

So it can be considered that their voices may have been partially ignored or completely unknown probably for believing the old paradigm that just studying abroad is for the children of wealthy people. How interesting it would be to think that some international students have exceeded their economic and mental limits that led them to become the first of their family having experience abroad.

In conclusion, one suggestion may need to be considered. Although international students are grateful to Century College for the opportunity to be admitted and incorporated in their annual budget, they would suggest increasing the percentage of employment opportunities on campus.

It is believed that in relation to other students, they have some disadvantages. First, they cannot opt for the financial aid offered by the Institution. Second, they are not allowed to work off campus because it is a limitation for foreign students. Increasing the budget in which the number of international students can provide services in the field would give them more opportunities to enrich the student community while developing their language skills, job skills, and economic constraints.

Century Men's Soccer Second Half Push to the Tournament

Tony Harringer | Staff Writer



Century players take a rest on the sideline.

Photo credit to Christopher Juhn

Century College's Men's Soccer team had such an impressive first half of the season, collecting three straight shutouts, and winning four of their first five games to equal last year's total. Their consistent and solid play helped them on the scoreboard and impress a lot of teams. The second half of the season started off with a game against Lake Superior on the 23rd of September.

The game had an interesting backstory. If Century could win the game, they could jump to the number one seed in the region. Century came out as they had during their three-game winning streak, dominating play and possession. As Century battled and attacked though, Lake Superior had an answer to each of them. Despite leading in shots, it was 0-0 at the half.

In the second half, play continued in Century's favor, but still could not come through on the score sheet. Finally a goal was scored in the 67th minute, not by Century, but by Lake Superior. Century battled the rest of the way, but could not pull even and lost 1-0 against Lake Superior.

Despite the loss, exciting news came that Toby Bridges had been recognized by the United Soccer Coaches National Player recognition as the Junior College Player of the Week! This was the first time that anyone from Century College had been given this honor.

The Wood Ducks next played on the 29th against Anoka-Ramsey, a team they had beaten earlier in the year. Anoka-Ramsey put Century into shock, as they scored just one minute into the game to take a 1-0 lead. Then in the 36th minute, Anoka-Ramsey got a 2-0 lead. Century looked down and out, but responded with a goal from Klint Spencer to make it 2-1.

The score stood till halftime. Spencer, one minute into the second half scored again, and all of a sudden the game was tied. Century had great chances to get the go-ahead goal, but could not convert. After

two overtime sessions, the game was finally called a 2-2 tie.

Century next played Madison (Wisconsin) College at home on the first of October and were ready to get their fifth win on the campaign. Last game, Century allowed a goal in the first minute, well this time it was Century's turn, as Madison had an own goal that credited to Spencer, his third goal in the last two games. Then in the 27th minute, from 20 yards out, Brandon Watts scored top far corner to make it 2-0.

The Wood Ducks continued their great play into the second half, scoring in the 59th minute, when Dylan White scored top far corner again to stretch the lead to 3-0. Madison scored a late goal, but Century won convincingly, 3-1 to improve to 5-2-1 on the season.

On the 6th, Century could clinch the #2 seed in the region with a win over Riverland. It was a cold and windy day for soccer, but both teams were ready. Both teams traded chances and as the game got on, it became very chippy between the teams. In total, 7 yellow cards were handed out and two players were given a red card and kicked out of the game.

The game remained scoreless into the late minutes. Bridges was awarded a penalty kick in the 80th minute and converted to give Century a 1-0 lead as rain started pouring down from the sky. Unfortunately, that was short-lived as Riverland tied it just a few minutes later. Then in the final minutes, Riverland was awarded a free kick on a questionable call and scored to give them a 2-1 last second victory.

Century did not have a lot of time to complain over the game, as they had a game against Marshalltown, a championship contender with a 10-1 record, just two days later. Century stayed with the highly respected Marshalltown, but in the 22nd minute the Tigers finally got the icebreaker to go up 1-0. Century offensively just could not break through. Their passes were off because of Marshalltown's great defen-

sive play.

It was only a 1-0 lead at the half, but Coach Hodgson made it clear they could be better and motivated them to do better in the second half. Just one minute in however, Marshalltown double its lead to two and that pretty much sealed the game. Century fought and pushed to break Marshalltown's defense, but never could and lost 2-0.

The Wood Ducks were looking to rebound in their next game at Gustavus on the 12th, and they came out strong. In the 20th minute Bashidi Ndzebomenyi scored for the Wood Ducks to give them their first goal since Bridges' penalty kick against Riverland. Unfortunately, just three minutes remained before halftime Gustavus tied it at one.

The second half was pretty equal, each team getting chances and then it went to overtime. Finally in the 104th minute, defender Hector Trigueros got the game-winning goal to give Century a 2-1 win and a much needed victory to improve to 6-3-2.

With their recent success, Century climbed to the #15 ranking in the United Soccer Coaches Junior College Division III Men's National Poll and looked to win their season finale against Lake Superior on the 15th of October. The Wood Ducks had already clinched the second seed in their region, but looked to improve on things.

The game started off really well for Century, as Bridges once again added his name to the goal list as he scored in the 10th minute to give them a 1-0 lead. Just a few minutes before halftime, Dylan White doubled the Wood Duck's lead to 2-0 in the 37th minute.

The second half was all Century as they connected three times and got goals from Ndzebomenyi, Oman John and White, who scored his second of the game as Century cruised to a 5-1 victory and finished with a 7-3-2 regular season record..

All the Wood Duck's eyes shifted to the Region XIII Tournament as Century was set to play Anoka-Ramsey on the 18th. These two had played each other in last year's Region XIII tournament that was won by Anoka-Ramsey, 4-1. They also played twice during the season, with Century taking the first meeting, 4-2 and the second meeting ended in a 2-2 tie. The stage was set for a great game.

The first half was very even, but a late corner-kick by Anoka-Ramsey led to a goal that put them up 1-0 at the half. Century came out in the

second half and Mr. Reliable, Toby Bridges was awarded a free kick that he converted and Century tied the game at 1! The Wood Ducks had a few rushes that could have resulted in goals, but they just weren't able to finish them as the game stayed tied at 1.

The game had reached the regulation limit and the game was still tied, so they went to three 10-minute OT periods, which neither team flinched and the game was sent to penalty kicks to determine a victor.

Anoka-Ramsey was up first and scored. Century responded to tie the PKs at 1. Anoka-Ramsey retook the lead, but Century could not respond as they missed and were shocked. Anoka put even more pressure as they scored again to take a two-goal lead in the PK. Once again, the bad luck hit the Wood Ducks as they missed their shot. Anoka-Ramsey sealed the victory with one more PK goal and the game was over...

The Wood Duck's season was over, but despite their unfortunate ending, the players had a lot to be proud of this season. In his first year as coach, Ryan Hodgson had almost doubled the win total from last year's season. A lot can be said about this team, but most importantly, they stuck together the whole season and fought for each other and won and lost as a team.

According to Hodgson, coming into this season, he had only one returning player. He was also given the head coaching position just 30 days before their season was scheduled to start, so to think despite all of these obstacles, this team was able to step up and win 7 games and make it to the tournament as a #2 seed in the region.

Hodgson called this season a "massive success", saying the player had success on the field, as well as in the classroom. He also praised the team's spectacular defense. This season was in addition very important for them, because Hodgson said this helps with recruiting and helps getting better players to come play for Century.

So what a year, huh? Going from a team last year that was struggling to find an identity and a purpose, to a team with so many achievements that they will remember forever. This team, that had never played together before this season developed a great chemistry and a brotherhood within them. When the going got tough, they kept their heads up and fought till the final whistle. This team will always be the team that defied the odds and proved a lot people wrong with a remarkable and memorable 2017 season.



Century celebrates a goal against Anoka-Ramsey.

Photo credit to Christopher Juhn

What Reading Does For You

Sarah Knieff | Staff Writer

I asked 100 Century College students how many books had they read in the past year. Most asked if textbooks counted, which for the sake of my experiment they did not. 55 out of the 100 students said that they read a total of 0 books in the past year other than textbooks.

My follow up question was why was that? Most of the answers I got back were; “I would rather watch Netflix” and “I don’t have time for that.” One student however answer back with “reading doesn’t actually do anything for me.”

This got me thinking.

Being a huge book nerd myself, I knew the benefits of reading, but how could I tell my fellow students just how much reading does for you...lightbulb! With more reading!

I researched many of the interweb’s great sites and compiled a list of what reading actually does for us. Cue the list!



Beautiful Books

Photo Credit: Sarah Knieff

What reading does for you:

1. Knowledge

Picking up a history book on a topic of interest or using a cookbook to master tuna tar tar gives you more information than you had before. Everyone wants to be better at something and I can guarantee that there is a book out there for whatever that something is.

2. Reduced stress

Reading can help calm the mind and body because of the solitude. For the most part reading is done alone in a peaceful area and this helps center the mind. Reading also reduces stress by allowing the mind to concentrate on something other than to do lists and calendar appointments that come along with busy lives.

3. Improved analytical thinking

Two words; mystery books. Those books that send you on a wild goose chase as you solve the murder or the “who dunnit,” improve your problem solving skills. Crossword puzzles will come at ease with the advanced analytical skills.

4. Increased vocabulary

How many times do you find yourself looking up a word in a book while reading? My guess is that it is a lot but don’t get me wrong; this is a great thing. Learning new words will help in every aspect of life. Want to impress your boss with your extensive vocabulary; read a book. Want the in-laws to know that you are well educated; read a book! Having a large vocabulary will always come in handy.

5. Improved memory

Have you ever heard the story of the fat cat who loved only three things in the whole world; lasagna, annoying his owner, and harassing his roommate, Odie? Remember his name? Garfield! Reading helps improve your memory skills

because of all the things you have to remember while do so. Character names, personalities, plot, events, locations, etc. is a lot to keep stored in the old noggin. Reading will help expand your memory and pretty soon you will be able to remember all the Game of Thrones characters with ease.

6. Better writing skills

Reading and writing are the two fun, but crazy friends everyone has. One doesn't do anything without the other, because reading can't exist without writing. If you read more and see different writing styles this will help you do some writing of your own.

7. Increased Empathy

When we read first person stories we get inside the mind of the character. We know how they are feeling and what they are thinking. This increases our empathetic skills because we are learning to understand how someone else feels and what is behind their actions.

8. Failure Preparedness

In almost every book there is a part where the hero fails. The hero tried to fight the bad guys, but got his behind kicked and was sent back home to lick his wounds. The hero almost thinks of giving up too until he realizes that it means he just has to work harder. Reading about other people's failures does a special thing to our minds. It helps us realize that failure is natural and okay.

9. Mental stimulation

Studies show that when the brain is stimulated daily it can reduce the chances of getting Alzheimer's and Dementia. It could even slow the process down. Reading gives the brain the exercise and keeps the energy going. Think of your brain as though it were a hamster on a wheel. The hamster runs on that wheel to get exercise, so it doesn't get lazy and tired. Your brain will get lazy and tired too without proper exercise.

10. Improved focus and concentration

With ADD and ADHD on the rise, finding ways to increase your attention span is needed. We live in a world of two second news and technology at our fingertips, where the biggest news is if a certain model got lip fillers. Taking the time to get away from all the noise is really healthy. Shut your phone off and concentrate solely on the pages in front of you to improve focus.

11. Free entertainment

Now, who doesn't love free entertainment? The Century College library as well as local libraries offer millions of books to check out at no cost. Just don't forget to return them!

A look through the sections

Photo Credit: Sarah Knieff



A Brand New Day

Dylan Dennhardt | Contributing Writer



Credit: "Beautiful Lady" image by Jinx! via flickr, used under CC BY-SA 2.0

For the creation was subjected to frustration, not by his own choice, but by the will of the one who subjected it: Romans 8:20, NIV

My story started on a long anticipated late Sept. morning. At that time, I was scheduled to have a bilateral mastectomy. You're probably wondering why a healthy, 21 year-old man would ever need this. The reason I needed to have my breasts removed was due to the fact I had a defect. I was born intersex, but I was raised a girl. I have the mind of a man, but it was trapped in a body that resembled that of a woman's. It caused a looming feeling of helplessness as my body mutated to become this unknown creature.

To alleviate the dysphoria it brought, I transitioned to break away from the prison infested with artificial estrogen piece-by-piece. This surgery would remove my breasts, which were a large source of dysphoria I had. Dysphoria was the painful indicator that I was born in the wrong body. After a long wait, my independence day had arrived.

Since I was twelve, I knew that I was supposed to be born a man. I would look at my peers with jealousy. I wasn't jealous of how they looked or their popularity. Instead, I was jealous of their ability to live as a girl without hating it. The worst part about putting on a dress or a skinny t-shirt for them would have been if it was uncomfortable or didn't fit.

If only it was that way for me...

My father picked me up at my house to bring me to the hospital. After checking in at the front desk and receiving my patient identification band, I sat in the waiting room. Moments later, I was ushered in by a nurse guiding me through the concrete unknown, laden with latex and fluid antimicrobials.

The surgery ward built for everyone, and by everyone, I mean any age. The safari themed floor confirmed this. In an attempt to brighten the atmosphere for children, stone murals of elephants and marble giraffes grazed the floor on which my feet had become acquainted. Stickers of palm trees were stuck on the wall. The roars of children come out from the curtained cells as they gathered in the company of their kin. It was a nice break from the other hospitals I had visited

before. The nurse pulled back the curtain, and I stepped into my room.

As I was preparing to experience the brilliant performance featuring the surgeon and her trusty tools, I listened to the nurse and followed her instructions. I had to wash myself with a disinfectant and change into a lilac gown that had the texture of paper towel. One of many doctors I would come across that day marked with a violet marker on my chest like road signs on where to cut. Laying in a room with markings on my chest and being only clothed by a giant paper towel, I quickly missed wearing my tank top and jeans.

Lying down in a room while barely covered was enough to feel a bit off, but the general discomfort was only going to get worse. What made it just a tad more awkward was the fact my dad came in right after I finished donning my roughly tinted robing. I was one layer shy from being completely buck naked in front of my own father. This would be odd on its own, but what hit the nail on the head was that he is heavily involved in the church. He read a book on Christian counseling to help his position at a Baptist Church. Meanwhile, his gay son was flat on a raised table in the middle of a room, clothed as the day he was born. The words of Bart Simpson danced through my head: "Underneath all those clothes, we are all naked." Never had that saying kept echoing in my head than at that hour long wait before passing the point of no return.

But if we hope for what we yet have, we wait for it patiently: Romans 8:25

The nurse had notified us that there was a delay. The patient who was supposed to come in earlier had arrived two hours late. To help pass the time, I used my fingers to interact with the television across from me. We watched "Cops" as papa was still flipping through his priestly guides. As the time passed, I decided to message my friends on Facebook about the exciting occasion. Their joyous replies added to my delight and excitement. The illuminated screens helped to call my attention away from my hunger and thirst. Another nurse came in to collect some blood and to put in an IV line. She lifted my left arm and poked it to ambush my blood vessels. Nothing came out. She pulled out the line and tried my other arm apologetically. With success, she

took my blood sample and shipped it off to the lab. An IV line was put into my left hand to ease some of the thirst I had. After her departure, I resumed my previous activities to kill time.

Out of politeness, I tried to abstain from complaining about the wait. It was thanks to my phone and the TV in the room that I did not dwell on any frustration. I had waited so long for this day. This was the day that I prayed for when a twelve year old girl stood in front of her mirror crying because she knew she was in the wrong body. The same girl who quietly cried while whispering to herself, "Why can't I be normal?" The girl who wished to find help but never did because she knew no one would ever understand her pain. She didn't want to be written off as delusional. She didn't want to question God. She could only learn how to become numb to the pain. I didn't want to lose my family or my friends. I had to hide it. It was for my own good.

One of the doctors arrived to deliver the good news: the OR was ready for me. I glowed with an air of thankfulness that I would no longer had to be indecently covered. My patience paid off. The anesthesiologist had his concoction of Schedule 2 bliss in a small plastic vessel. "This is will help you to relax." He gave me the medicine. Suddenly, my anticipation was lowered to the atmosphere frequented by stoners. Awake, but too drugged to care. The alchemist informed my father that it was time for me to depart. With a cheerful and drugged "Good-bye," I left the room.

The doctor pushed my stretcher down the hall and into the elevators to commence the symphony of slicing and dicing of my unsuspecting tranquilized innards. A ding cheerfully sang from the metallic box. I was taken to the operating room. Turquoise clad medical personnel stood around me. My surgeon greeted me. "Okay Dylan, are you ready?" I responded to her with a sleepy, "Yeah." My surgeon motioned for the potion maker to give me the bottled-essence-of-not-having-to-remember the otherwise painstaking steel induced bloodbath.

At long last, the bulbous mounds of flesh that plagued my chest were to be removed after I had been held hostage by them since I was twelve. Their reign of terror would finally cease. I would no longer have to feel that depression that they brought. The countless tears that I cried hoping that I wouldn't have to feel the pain of knowing I was trapped in the wrong body would be wiped away. The ten year storm had finally stopped. The decade long war was finally going to end. I counted slowly backwards from one hundred... ninety nine... ninety eigh...t... nin...ty.. sev..en.... Ni..ni...nty...si- Darkness. The ten year reign of suffering ceased. The battle was won.

He will wipe every tear from his eye, there will be no more... mourning or crying or pain, for the old order of things has passed away: Revelation 21:4, NIV

My drug induced slumber was roused by the melodic beeping of the heart monitor. Consciousness gradually restored as I saw a low definition version of a hospital room. I greeted the nurse. In a dazed state, I talked to her about what I was doing with my life and exchanged words of slurred wisdom.

After I had some time to wake up, I was given a very light snack and some water to drink. There's nothing quite like the feeling of waking up numb and drugged up with the taste of artificially colored gelatin. It's great! I took in a few bites of the "food" and continued the intricate process of waking. As I sat in the recovery room bed, I felt a warm piece of plastic brush up against my arm. They were the drains that collected the fluid from my newly emptied thoracic cavity. The pain meds did me a favor and kept me from thinking about tubes coming out of my chest.

After passing the "do not throw up everywhere" test with a lack of flying colors, the nurse called in my dad to go over the care instructions for my stay at my parent's place. He took notes on how to empty the drains protruding from my chest, what medications to give, and received a five page manual on what to expect in the coming days. I was wheeled out to the car and was taken home. After coming home,

my dad ushered me into the house and carried in my belongings. I sat in the living room and watched some television. My dad gave me some food. After I finished eating my supper, my dad gave me a slew of medications before I went to sleep.

Over the next few days, I missed being able to walk freely without having to bend awkwardly. As a result of my body repairing itself from the operation, my energy was limited. I spent most of my time sitting on a chair watching TV and using my phone. My stepmom made sure I had something to eat and my dad kept track of my meds and drainage. My hair became uncomfortably greasy from my inability to shower. Every day seemed the same. I quickly grew bored of the same activities and yearned to regain my energy soon.

I returned to my apartment five days after the surgery to get to my classes. Due to being in the early stages of recovery, I quickly grew tired and had to stop every 20 feet I walked. I dragged my backpack and struggled onward on what seemed like an endless path from one side of campus to the next. My body was drenched with sweat. After a long day at school, I rested in my chair. Due to my condition and my limitations, I could not reach above my head or lift anything more than five pounds. I waited for my roommate to return home from work to assist me. He was my saving grace from being completely incapacitated.

The next day, my sister drove me to see my surgeon once more to have my drains removed. I had a sense of comfort knowing that I would not have to walk around like a sweat drenched velociraptor from point A to point B. After being called in to the exam room, I marched over with pomp and circumstance like a mammalian t-rex. I sat on the paper adorned exam table while the surgeon and her team of medical henchmen prepared to reveal my grease laden flesh. The nurses carefully pulled away the bandage from my chest. My sister watched with curiosity as she sat on a chair across from me.

After the removal of the compression cloth, I was greeted with the sight of my iodine stained chest and yellow sponges resting atop my nipples with strings tethered to staples around them to keep them in place. The nurses cleaned off my chest and pulled out the Novocain pump with a quick pull. They removed the staples from my (thankfully) still numb nipples. The drains were removed from my chest in swift fashion to minimize any discomfort that it could bring. I left with the ability to walk like a normal human, bandages, and a comprehensive guide on how to care for my newly positioned nipples. I went home and took a well-deserved shower to remove the grease that plagued my hair.

Over the next week, my roommate assisted me with my cares and helped keep my apartment in order. Every night, we would take 20 minutes to change the dressings on my nipples. Five minutes out of the 20 minutes would be spent changing and cleaning the area. The other 15 was used to make as many nipple jokes as possible. There's nothing quite like making memories with your friend you knew from junior high when you clean surgically reattached nipples. It has confirmed my theory that it is nearly impossible to say "nipples" while keeping a straight face.

A month later, my chest is well healed. I returned to work and I am able to drive myself around. Though I cannot lift more than five pounds or reach above my head, I am still pleased with the progress of my recovery. I have to be careful not to push myself too much in order to avoid opening any of my incisions.

Despite the small setback, I feel a sense of victory whenever I look at myself in the mirror without a shirt. I had waited 10 years for this operation. The ability to be able to walk out of my room without a shirt is so liberating. I can shower without dysphoria. It took me a few weeks to comprehend that I had a flat chest. Even while I still keep my incisions clean and take things slowly, I celebrate. I had come so far from the pain I endured since age 12. I had won the war against the demon that tormented me. This was the era of victory.

Busy Bees Child Care Center Closure

Aaron Tweden | Staff Writer

Busy Bees provides Century students with child care needs while they take time to go take their classes. It is a separate entity from the Century College, but it is operated out of the Century campus. Per the law, it had to cease operation immediately until they can get their license reinstated in good standing.

Busy Bees Child Care Center has had its child care license revoked on Oct. 13, 2017.

On Aug. 3, 2017, Busy Bees was put on a conditional license which means, any more violations would result in further sanctions. These violations include unable to prove that a staff member had adequate medical training at all times of the day, too many children per staff member, and letting a staff member work before finishing orientation training.

A lot of the violations were repeat violations for incompliance with Minnesota law and statutes.

Busy Bees lost their license because of delinquent taxes. Under statute 270C.72, the state must revoke a license if the business is found to have more than \$500 in taxes or other penalties owed.

Busy Bees lost their license, they can call for a hearing to appeal the decision. In the meantime, there are other child care centers around and people at the Student Resource and Support Center to help you transition as smoothly as possible.

If you were affected by the closure of Busy Bees, the Student Resource and Support Center at W1490 are handing out documents to help parents manage school and kids or call 651-747-4098.

They are handing out emergency money forms, long term money forms, and information about nearby child care centers. They will even help you fill out the forms required to get the help you need to stay in school



Image Credit: Ker Moua

Save Money at the Clothes Pin Clothing Closet

Ker Moua | Lead Copy Editor and Photographer



Clothespins framed art piece.



There are plenty of clothes waiting to be used.



Student worker, Gao Lor, is ready to help.

Need a new set of clothes but don't have the money this month? Drop by the Clothes Pin Clothing Closet on West Campus in room W1010. Here, the room has a treasure trove of clothes and shoes, new and gently used. Gao Lor, a student staff worker majoring in psychology, says the goal of the place is to help students at Century that are struggling with daily needs to save a few dollars.

According to Lor, they receive donations almost every two days so there is plenty to pick from. There are clothes for kids, preteens, men, and women. There are even suits and ties for those hoping to get a proper attire to wear for job interviews. Hygienic items like soap and lotions are also available. They do limit the amount each person can take but don't worry, you're free to visit again next month.



Susan Morris is the visionary behind the Clothes Pin.

Why does Century have such a place? This hidden gem is the brainchild of Susan Morris, a fellow student majoring in social worker, but everyone calls her "Ms. Sue." Morris hopes that when someone enters the room, it "brings peace and serenity." She just "loves giving back to the community." Back on May 17, Morris says, "God gave me a vision." So, she introduced her vision to Century and wanted to help those who need help.

When asked how Morris came up with the name the "Clothes Pin," she said she wanted people to think of the nostalgia of remembering their grandmother washing clothes and hanging the clothes on a clothesline back in the day with clothes pins in her mouth. Remarkably not a month after, while at a garage sale, Morris spotted a framed

art piece with the exact words. The art piece was selling for three dollars but when Morris told the woman seller about her vision, the seller gave the framed art piece to Morris for free. She told Morris, "Good luck on your journey." The framed art piece now hangs on a wall inside the Clothes Pin Clothing Closet.

So, if you need new clothes for the family but are looking to save money, give the Clothes Pin Clothing Closet a try. Everything is free. So, come on by for a peek at the array of clothes the room has to offer. There's plenty to choose from but if you have no idea what to get, Morris said she will help "set you up" provided you swing by.

The Clothes Pin Clothing Closet hours are:

Mondays and Wednesdays: 12 p.m. to 4 p.m.

Tuesdays: 1 p.m. to 3 p.m.

Thursdays: 9 a.m. to 4 p.m.

Fridays: 10 a.m. to 4 p.m.

Or pop into the Resource and Support Center W1490 if you are unable to come at the usual times. So, drop on by!



Donations are dropped off constantly.

Why Take Chinese at Century?

Your transfer school may require a foreign language for graduation!

- * The University of Minnesota – Twin Cities requires 4 semesters of college language for graduation in the CLA and CIS.
- * St. Thomas requires 3 semesters for graduation. Additionally,
- * languages typically count toward other graduation requirements, such as Global Perspective.

Chinese fulfills Goal 8 in the MN Transfer Curriculum and transfers electives.

Chinese is a popular Language.

- * One out of every five people on this planet speak Chinese.
- * China is the world's most populous country with nearly 1.4 billion people.
- * Taiwan, Indonesia, Thailand, Malaysia, Singapore, the Philippines, and Mongolia speak Chinese.

Is Chinese difficult to learn?

- * Compared to languages like English and Spanish, the Chinese grammar is quite simple.
- * Every year large numbers of students learn to master Chinese.

Chinese could help your career.

- * International corporations are more likely to hire people who speak multiple languages.
- * China has the world's largest economy.
- * Many U.S. companies and organizations have long-term investments in China.

Learning Chinese is fun.

- * Get to know your classmates and interact with native Chinese speakers.
- * Experience and participate in exciting Chinese-related activities and events.



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