

THE CENTURY TIMES

2017 Spring Issue 2

HAIR

pg. 16



**I BELIEVE
AND SUPPORT
SURVIVORS**

Sexual Assault Awareness Month

pg. 30

#SAAM

Sexual Assault
Awareness Month



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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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A Synopsis of Poetry Month

Tirzah Joy | Lead Creative Writer

Calling poets and all lovers of poetry! April is here. It is national poetry month. What do you plan to do for this upcoming year?

Beginning April 3rd, there will be a Poetry City USA Editor's Panel Presentation in The Nest starting at 2:15pm lasting until 4 in the afternoon. This event provides a sneak peek into the editors' mind when they review poetry into their magazine. Poetry City, an annually published magazine, aims to teach students in the Twin Cities different techniques of poetry.

Following that on April 11th, there is a Scrabble Tournament held in The Nest from 11:30-1:30pm. Good at Scrabble? Come challenge your fellow classmates in this tournament!

Want to eat and hear some poetry? On April 12, Live @ Lunch w/ Poet Neil Hilborn will be held in The Nest from noon until 1pm. Neil Hilborn is a well-known Minnesotan poet who performs in slam poetry via Button

Poetry and other avenues common to our state.

Hilborn's work has gone viral on Facebook and you can check out a few selections of his talent from the Button Poetry page. CBS even has taken notice of this amazing poet! Why not come check him out for yourselves?

Sponsored by Century College Alumni Association, Writers Write On: An Alumni Reading Lincoln Mall will be held on April 20. This will last from 12:15 to 2:30pm.

On April 24, Rachel Moritz & Su Smallen have a Poetry Reading in The Nest from 2:15 to 4:00pm. Following that on May 3 there will be a Spring Student Reading in The Nest from 2:15 to 4:00pm.



A Poem of the Seasons: The Warmth of Summer Memories

Todd A. Schouweiler | Contributing Writer

There are long days and warm days during the summer's night,

While the sun shares all of its blinding bright light,

The short summer months are when nature is bountiful;

Though, humans make time to make memories that are wonderful.

There is laughter,

There is joy,

There are sights to behold,

Now build summer memories that can one day be told.

Angelia Millender

named

New President Of Century College

Vladimir Cruz | Editor-in-Chief
Ker Moua | Lead Copy Editor
Ramon Varela | Photographer

After two long years, and extensive searches for a new president, Angelia Millender has been named the new President of Century College.

On March 22, Millender was officially announced as the new President. Dr. Carl Gerber president of Century College from 1968-1985 was one of the honorable guests among the crowd.

The ceremony began at 2pm with HR Director Mary Nienaber welcoming the crowd and thanking everyone who worked on the presidential search for their contributions. She compared the search as planning for a wedding where Century College is finally at the altar. Next, she opened up the podium to Chancellor Steve Rosenstone.

Chancellor Rosenstone starts with saying "Thank you Mary. As you were saying how much you've been waiting for this day, I'm sitting here looking at Pat... He's been waiting for this day longer even more than we have," as the audience enjoys a laugh.

With all jokes aside, Chancellor Rosenstone proceeds to thank President Dennis Bona from Northland Community and Technical College and everyone from the search advisory committee for helping with the presidential search.

Millender is then introduced by Cheryl Tefer, one of the Minnesota State Board of Trustees members.

Millender has an extensive resume. She has a bachelor's degree from Chicago State University and a master's degree from National Louis University (IL).

Millender is currently the President of Olive-Harvey College (IL). Some accomplishments from her time at Olive-Harvey are implementing strategies to improve graduation rates, improve student learning and student spaces, secured two grants from the Department of Education, and acquired equipment and scholarships from industry partnerships.

Millender was also the district vice president of for student affairs and enrollment Broward College (FL); the campus operations officer/dean of student development and external affairs in Berkeley College (NY); the vice president of student services, dean of student services, director of career planning and placement, and faculty member of Robert Morris University (PA).

Just to get a taste of how interactive new President Millender is, she explains that she'd rather walk

among the people who attended the event. "because I like to speak among people, and not at them, so that you can feel my passion." She adds.

"I am not coming to Century to change you, but to enhance you, with value added and my experience, which is vast... I am not the leader of you. I am the president with you, and we have to figure it out. What does that look like? We don't bring problems, we bring solutions," Millender describes.

Millender emphasizes that, "we are more alike than different... no matter whether we look alike, no matter whether we think alike, everyone's opinion and value added expertise matters."

Millender also enforces everyone, including students, to not "sit in the back of the room and say my opinion and my thought don't matter. Yes, they do, but you have to give them." She is all ears, and wants everyone at Century College to be strong as a whole.

Millender concludes with, "I look forward to talking with you again and hanging out with you while we eat cake, and celebrate the possibilities and opportunities not for today, but so many many years to come for our students."

Millender is set to replace Interim President Opatz on July 1st. So, she empathizes that no one email her until then as Opatz is still president. Opatz is sure to go on to do more great things as he returns to his former position as the chief financial officer of Century College.

Farewell, Interim President Opatz!



Black America Still in Chains; a Modern-Day Stigma Awakening

Rosalind Jordan | Contributing Writer

Ramon Varela | Photographer

In Beyoncé's video *Lemonade*, she illustrates the African American roots in order to give empowerment, clarity, and understanding to the present-day society. *Lemonade* acknowledges the history of African American ancestors that identifies with our presence in this video. *Lemonade* represents African American lives as a vivid symphony and a poetic piece of roots to behold in this lemon filled society. The lyrics in Beyoncé's song "Freedom" support the idea that *Black America is Still in Chains a Modern-day Stigma*. IBe, author of "Trouble in Mind" is the source of support in this argument. IBe's personal experiences as a, native African, Black male in America, solicits the connection with Beyoncé's song "Freedom."

Beyoncé's song "Freedom" pours out the essence of what African Americans have and are going through in this land called America. Our past recognizes that Europeans and other white skinned human beings liberally left their countries to stake a claim for a new, free life in America. While Africans and dark skinned human beings were hunted, and captured, sometimes by other native Africans, for trade. They were stacked into boats, brought to America in chains and sold, as they do animals. In bondage and chains with identity stripped away, our ancestors longed for freedom. Slave owners and sellers stripped families apart leaving African women separated from their children and children's fathers, destroying the family identity as well as their identity. The African women were long-suffering, hard-working, child bearing, brave like Harriet Tubman with strength--to break her own chains; smart--to not let their freedom rot in hell, running to be a winner, and took upon the identity as an African American in a country she was not conceived. The song's lyrics state:

Freedom! Freedom! I can't move
Freedom, cut me loose!
Freedom! Freedom! Where are you?
Cause I need freedom too!
I break chains all by myself
Won't let my freedom rot in hell
Hey! I'ma keep running
Cause a winner don't quit on themselves.

Now, African American women are still being stripped from their children and children's fathers per America's justice system. The American

justice system holds a general biased approach to African Americans' civil rights. Unless you are fortunate enough to have legal representation with superior legal knowledge working on their behalf, you are guilty. According to Nicole Pulgise, "Black Americans were incarcerated in state prisons at an average rate of 5.1 times that of white Americans, the report said, and in some states that rate was 10 times or more." There are over one and a half million men incarcerated in the United States. This statement is to bring awareness to the unjustified police murders and incarceration of African Americans in this country. Beyoncé's song, Freedom say:

Ten Hail Marys, I meditate for
practice
Channel 9 news tell me I'm movin'
backwards
Eight blocks left, death is around the
cornerSeven misleadin' statements
'bout my persona
Six headlights wavin' in my direction
Five-O askin' me what's in my
possession
Yeah, I keep runnin', jump in the
aqueducts
Fire hydrants and hazardous
Smoke alarms on the back of us
But mama, don't cry for me, ride
for me
Try for me, live for me
Breathe for me, sing for me

Men that should be raising their children and making a home worth having are locked up in chains or dead. According to IBe, "I have been to jail, Stearns County, Benton County, Sherburne County, Hennepin County... before I was twenty-five. But check my so-called rap sheet—no guns, no drugs, no theft, no punches". Janice Williams says, "Black people only represent 13.3 percent of the U.S. population while white people make up about 77 percent". This indicates to us that the single-family homes, fatherless children, and poverty in the Black communities may be somewhat due to the high percentage of imprisonment of the Black male, would be, role models and breadwinners missing from their family's lives.

As an African Americans citizen in this country, I have experienced times in my life seeking justice, when the justice system has unfolded a realm of questionable actions. Lies and deceit brought before the court of law with legal representation working with the prosecuting attorney instead of me, the defendant, leaving my case with no chance of real justice. In general, my personal experiences with the police have been negative and unhelpful. As an African American I have realized that, if possible, avoid situations that could involve having an encounter with our officers of law and the justice system.



Lemons have been served to our ancestors just as they have been served to African American women today; but our ancestors have provided today's African American women with the recipe for lemonade. Beyoncé's, *Lemonade* was created to empower women, especially African American women, and to leave a message that "a winner doesn't quit on themselves, you can break your own chains and take your freedom" as a tool for encouragement in this society. Black America still in chains is a modern-day stigma imputed on this society of people running and calling for freedom in America for 400 years.

The Niche Gallery

Sarah Knieff | Staff Writer

Ramon Varela | Photographer

Interested in the Fine Arts? Ever wondered if there were more people on campus with the same passion as you? Well look no further. Here on campus at Century College is an art showing space called The Niche Gallery. The Niche Gallery is located on the West Campus and is open daily. The gallery is between the theatre and main entrance.

The Niche Gallery is an exciting space for artists to connect with other artists, while showing off their work in this all glass room. Artists are free to express themselves however they would like here. The artwork is shown on many mediums such as painting, drawing, sculptures, and print.

The gallery showcases many works from currently enrolled students who are gaining a degree in Fine Arts, as well as community artists. The Niche Gallery holds monthly art exhibits highlighting either of the two artist types. Dates and times can be found on the Niche Gallery calendar within Century's website.

During the month of March, The Niche Gallery held two art exhibits. One showcasing student's work and one with a local visiting artist. The student exhibition was titled COLOR! I corresponded with Neil Johnston, the AFA Fine Art degree coordinator and Fine and Performing Arts Chairmen here at Century, to learn more about COLOR!

Johnston said that COLOR!, "[highlighted] colorful assignments created by students working to understand the concept of color in art and design. Analysis, thoughtful application, and control of color in various mediums, is a skill that all AFA Fine Arts students work to understand – and apply thoughtfully to their work. COLOR! Represents work from 2D Design, Painting 1, and Drawing 2 classes."

This exhibit started out the month while the visiting artist Carrie Elizabeth Thompson ended it. Thompson is mostly known for her photography projects such as Notes from My Therapist that was showcased in the Niche Gallery. However, Thompson did stretch her writing and editorial muscles for the New Moon Project.

Quoting Thompson from carriethompson.com, she explains more about her work stating, "My work explores roots, rootlessness, and restlessness, generally in the context of my own upbringing as the child of a broken family." This shows young artists pursuing their



passion of art that inspiration can come from anywhere, including dark and heavy topics.

The Niche Gallery is a great place for any aspiring artist to try to connect with others while getting their work more attention and face time with a real audience. It could be a place for those who are thinking of an art major to experience more and see what it is like. It is even a place for those with a love of art, but could never actual produce any of their own. It's anything to anybody!

If you are interested in stopping by, check out the Fine Arts schedule and calendar for updates on when the next exhibit is in the art gallery. On behalf of the Niche Gallery, we all hope to see some new faces joining in on Century's very own artistic hub.



K-pop Appreciation:

Celebrating and Exploring Korean Culture Through K-fest

Thuy (Kristy) Dong | Staff Writer

Tirzah Joy | Lead Creative Writer

Vladimir Cruz | Photographer

K-pop music, the genre of music originated from South Korea and has been one of the more celebrated music in recent years. K-pop music has proved to have an amazingly strong effect to not only South Korea, but other countries all around the world, such as the United States, Brazil, Japan, China, Vietnam, and more.

The reason behind the success of K-pop is the quality. K-pop music does not only focus on the song itself, but also strongly aware of how important promotions can affect the outcome. Korean entertainments take care of the artists' fashion from head to toes, spend a huge amount of money to produce interesting music videos, and strongly encourage the artists to update the fans what they do during their practice time or just everyday life.

Fortunately, Century College has been celebrating the beauty of K-pop in the past few years. As many students transfer every year, Century K-pop club seems to have its members changing and has always been run by different people. This year, K-pop club was resurrected from the grounds by co-founders of the club, Megan Gryzwa and Kyle Tamondong.

In regards to setting up the K-pop club, Gryzwa says, "At the beginning of the year Kyle and I were already interested in joining the club from ads we had seen online before school even started. We went to the club center to get more information but found out that it was frozen as a club since the leaders from last year weren't at Century anymore. Since it was something Kyle and I were so excited about it, and it is something that I have a definite love for, I thought, why not start it back up? It took a couple months to really get it going but by late September we had it all running."

Gryzwa reveals a few reasons behind creating K-fest. One of the reasons is to get the club name out to Century students. The club has been preparing to get the show started. She emphasizes that the club members have been practicing dances for the event since the beginning of the year.

Next, Gryzwa talks about the fund raising that the club did for the non-profit organization Liberty in North Korea (LINK) to help North Korean refugees who desire to emigrate due to the poverty and harshness of the life in North Korea. A fun fact about LINK is that the organization has rescued 600 refugees, which is an unexpectedly big amount of lives being saved.

In hopes for the future, Tamondong, who is majoring in mechanical engineering, mentions about their next K-pop event on April 21st from 1-3pm. He excitedly talks about how the members are going to perform medley dances, sing performance, introduce some Korean famous games, and sell Korean snacks. Tamondong adds that the club wants to give out cookies for finals, and they are going to perform at the Anime's club cosplay café as well.

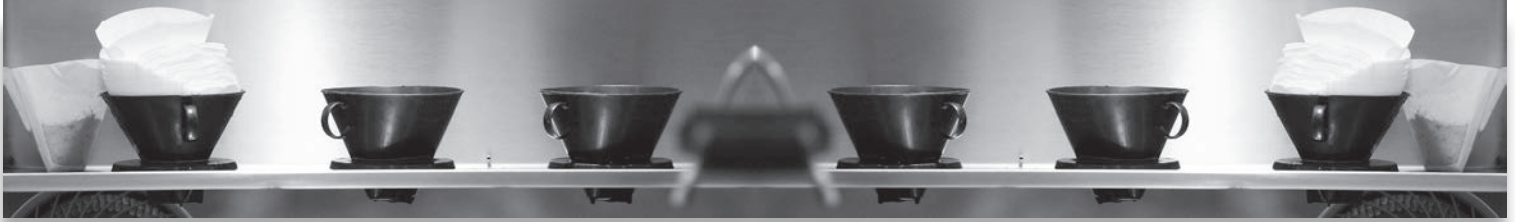
Regarding favorite songs/groups in K-pop, member Ashley Agwatu recommends, "EXO and BTS for sure. 2NE1 and Big Bang too. For individual songs, Super Junior-Mamacita; 4minute-Crazy; Sistar-Touch My Body; Taeyang-Eyes, Nose, Lips; G-Dragon- Who You; Park Bom-Don't Cry; Girl's Generation-Mr.Taxi."

Come check out this awesome club anytime! Also get prepared for the upcoming event on April 21st! Hope to see all of you there!



The Wonders of the Kitchen

Matthew Kaase | Contributing Writer



Credit: "Coffee Haus Coffee Bar" image by Davidw at flickr, used under CC BY 2.0

When I was a young boy, I hated cooking. All the way through my junior year of high school, I refused to cook anything more complicated than pizza. Then in my senior year of high school, I found my passion in cooking. Three years later, I started working for Famous Dave's.

In the beginning, I had to learn the recipes and basic duties of a prep cook through the "banking" method before I was able to achieve the freedom to learn through "problem-posing." Once I got through the "banking" method, I was able to use both methods to reach my full potential as a prep cook. Because of this I became a leader and trainer, in addition to getting a raise and promotion.

It was through my reading and analysis of chapter two of "Pedagogy of the Oppressed" that I developed the tools to critically analyze my experience as a cook. Paulo Freire, a Brazilian educator and philosopher, writes about the differences between "banking education" and "problem-posing education."

Freire describes how in the "banking" method, the teacher rules over the student, treating them as passive objects only there to receive information. However, in the "problem-posing" method, Freire explains how the students are free to learn, develop new ideas through discussions, and learn about the world through interacting with other people. In contrast to the "banking" method, the "problem-posing" method encourages an equalitarian relationship between the teacher and the student.

As a prep cook for Famous Dave's, I had to learn many things right away. Within my first month on the job, I was expected to know the temperatures and times it takes to cook the everyday products. This is difficult considering there are four industrial ovens, two smokers, a six-burner stove, and a larger two burner stove. The training process for my first year resembles what Freire calls the "banking" method. Freire explains that it is not shocking that the "banking" concept of education views men as versatile controllable people.

My trainers were very strict on how the food was prepped, so I had to follow the recipes exactly. They always said, "I will only show you this once." This put a lot of pressure on me because it was a lot to remember, and I was not used to this type of work. Freire explains how "[t]he more meekly the receptacles permit themselves to be filled, the better students they are." This was how I felt. I thought my trainers would only see me as a good student to them if I did not try to use my own consciousness to improve my techniques.

Due to the amount of knowledge I had to learn in such a short time, my trainers did not allow me to input ideas of my own. I was expected to just memorize everything the way they showed me, not knowing why I had to do it this way or what other methods may be used. This is similar to what Freire says about the "banking" method that students are not expected to comprehend what is being taught, only to retain what the teacher teaches. I did not realize until later on that there was a reason for why they were so hard

on me, and why they demanded I know how to do everything by the book.

In my opinion, some jobs as well as classes, require some amount of the "banking" method. In the "banking" method of education, there is a lot of structure, which makes this method very effective for new employees that have a lot to learn in a short time. It made it easier to spend my first year getting the basics down, as well as mastering the things I had to do every day before I started adding my opinions and trying to develop faster methods.

After getting past my first year at Famous Dave's, I was able to gain the freedom of learning through "problem-posing." Learning through this method made my life less stressful. Over time, I developed the speed and confidence I needed to take on more work, which took some of the weight off of the trainers.

There was a day that we had a lot to do for prep-work and had a huge catering to prepare. I could tell they were getting quite stressed because they felt they would have to do it all. I told them they could just worry about the prep-list, and I would take care of the catering. Through this action, they no longer felt they had to do everything. In the end, we went from tolerating each other to becoming friends.

Now that we respected each other, when I wanted to discuss new methods of preparing foods they welcomed the ideas. I used my awareness that I was developing from this method to change my future in the restaurant business, which is similar to how Freire states about the benefits of learning through a "problem-posing" method.

Freire says a heightened awareness of people's surroundings allows people to see that their life situations can be changed to have an impact on the world. By becoming aware of my surroundings on the busiest days—my trainees, the tasks, the challenge, and my abilities—I was able to develop strategies to help my trainers and show them what I can do actually exceed their expectations of me as a rookie prep cook. My ability to comprehend what needed to be done and how to do it led me to thrive in times where others would get taken over by stress.

On Father's Day of 2016, I was the only prep cook on the night shift. My co-worker had quit on Mother's Day because he felt that too much was asked of us. Father's Day is the busiest day of the year so I was scheduled to work from eight in the morning to ten at night.

The entire night was chaos. Throughout the night, I had eight trays of chicken cooking, sixty cobs of corn, and six trays of muffins. The line cooks were yelling back to me, "I need corn" and "where is my catfish." It felt as if the night was never going to end. It was only through my consciousness that I was able to keep track of all that was happening and know what to do first. As a prep cook, a heightened level of awareness is essential. If I had lost my focus

or had counted on someone else to tell me what to do, the night would have become a disaster.

Over time, I used my consciousness to uncover the truth in many of the methods of preparing food. This made it possible for me to uncover what the main rules were so that I could develop faster methods, turning me into one of the fastest prep cooks there.

Freire says that in “problem-posing” education students are deciphering truth from myth, using their consciousness to uncover reality. In my opinion the ability to use one’s consciousness to uncover reality makes it possible in the kitchen to find the main rules in preparing food so that I can create my own ways. I believe this really helped me stand out as an employee, as well as showing them I could take the initiative to get things done faster when needed.

By learning while using the “problem-posing” method, people get to develop their consciousness, as well as learn through critical thinking. In contrast to the “banking” method, I was free to learn because I no longer had to follow exact directions. Therefore, I was able to push myself further, making mistakes, and learning from my mistakes.

There was one time when I was pushing myself to be faster on a morning shift, but I felt exhausted. I ended up making thirty pounds of coleslaw with salad mix instead of cabbage. I learned fast by the shame I felt to never do that again. It is a story I still use today to show how we can all make mistakes.

Through “problem-posing” I excelled, finding many faster and more efficient ways to prepare products using my own awareness, which led to management asking me to become a trainer. As a trainer, I struggled a lot at first. Since I did not really enjoy learning through the “banking” method of education, I did not want to use that method when training others.

I started training people through “problem-posing,” allowing them to use their own ideas and discuss possible other methods to use with me. Due to the environment and lack of knowledge they had of how things needed to be done, I was put in a position where I had to switch to using the “banking” method of education.

The kitchen environment is fast paced. There is little room for making mistakes and asking too many questions. I found that by giving them the freedom to learn through “problem-posing” before they had the basic knowledge of the job led them to making too many mistakes.

Also, while we would be busy in the morning preparing for opening, they would ask me things like “can I cut the catfish without using a scale to make it faster?” I realized rookies trying to develop faster methods usually end up with them disregarding the basic rules to speed up the preparation process.

Over time I was able to develop a way to maintain the structure and delivering method in the “banking” education, while still allowing some room for discussion and creativity in “problem-posing” education. Understanding that most of the rookies I train are older than me, with more prior experience in the kitchen, I have no problem with them incorporating past knowledge that may be effective as long as it follows our codes.

There was one day when one of my trainees asked if he could cut the broccoli by holding the stem and cutting it straight into the strainer. This was a new technique I had never seen before. This method of cutting broccoli

was much faster and followed all the rules. I was okay with it, and I began using this method as well. When I train new people, I show them this way because of how effective it is.

By allowing my trainees to express their own ideas, I train them in a way different from how I was trained. My trainers were very oppressive in their methods, treating me as if I were a robot there to do their bidding. I could not argue that their method of teaching in the end was very effective, even though I was not fully able to use the knowledge delivered to me through “banking” on my own until I started using methods of “problem-posing.”

I choose to train the new employees by delivering knowledge to them through “banking.” I help them develop their consciousness through “problem-posing” so that they can incorporate what I teach into their work.

Through my experience in the kitchen, the “banking” and “problem-posing” methods of education work like yin and yang. Freire believes that it comes as a logical consequence from the banking notion of awareness that the teacher’s job is to control how the students perceive the world. However, in the “problem-posing” method, the students are learning about the world through interacting with other people. It is interesting to me how as a student in education most classrooms consist of one method or the other.

As an employee at my workplace, I see how important it is to use both methods of education. If only the “banking” method is used, the employee will feel oppressed and no longer want to work there. Also, if only the “problem-posing” method is used, the employee will feel lost and will not get work done. In a workplace, I believe it is important to remain balanced with these two methods to ensure the employee is happy and still getting their work done right.

In conclusion, although I do prefer the “problem-posing” method of education, my first year at Famous Dave’s learning through the “banking” method of education was a very important step in my career. In time, I was able to move on to the more freedom based method which is “problem-posing” where I truly excel. Over time I ended up balancing both methods.

This led me to gaining the opportunity to become a leader and trainer, being promoted to line cook, and getting a raise. Overall I feel that both methods where necessary to my success at Famous Dave’s. With my learning of chapter two in Freire’s book, I can now analyze my situations to comprehend what methods to use or are being used in the future.



Credit: “cooking” image by Damian Siwiaszczyk at flickr, used under CC BY 2.0

Credit: “Alessi Kettle Black” images by Cooks & Kitchens at flickr, used under CC BY 2.0

Protecting Your Computer

Ramón Varela | Staff Writer and Photographer

Credit: "Letter Cloner" image by Philippe Put at flickr, used under CC BY 2.0

Malware could be hiding in your computer and you may not even know it. Malware is a type of malicious program that can harm your computer, like a virus. It can be disguised as an executable code, scripts and other type of software. There are some common ways to be able to prevent certain malware from installing into your computer.

A way to make sure your computer is not infected is by installing an anti-virus software. Installing an anti-virus software will scan, detect, and remove malicious software. Go for a trusted anti-virus software and not software that may trick you into thinking it is a true software.

Your computer may come with an anti-virus software of its own, but how good is the software? You can never be too careful. If that is the issue, it would be highly recommended to purchase an anti-virus software, or maybe even go for a different free software that others recommend or trust.

Remembering passwords can be a drag but using the same password for everything you log into can be risky. It is best to use different passwords for every website you use to log into. A way to prevent using the same password is writing it onto a piece of paper and storing it somewhere secluded or even in a safe.

To make your password strong try using special character such as " !@# \$ % ^ & * () ". Use numbers in your password and capitalize certain characters. An example of what that would look like could be: P@\$\$w0rd!1. A minimum of 10 characters is recommended.

The less characters you have, the easier it could be for hackers to crack, or even someone looking over your shoulder. For more security, delete your browser history and never use the option to "save password" when given the option to.

Always be aware about what you receive and click on. This is called "phishing." That "link" you received may not be what it seems. If this link was sent from a friend, make sure to ask if they meant to send it. If it was sent from someone else, do a little research to see if it is a true link or not.

Make sure that when you are on a website to never click on a pop-up that looks suspicious. For example, the word "free" may be

included in that pop-up. That should be a red flag to not click on it.

Do an image back-up to your physical hard drive. This can help revert to whenever you made the back-up. If you were not careful enough and had some type of malicious software installed, this could be your ticket out. Once you have a new computer you should immediately make an image back-up.

Backing up your data is essential. This could help if your hard drive ever gets corrupted, lost, or stolen. Unless you are only using online based data, then you may have nothing to worry about, but may want to consider backing it up anyway.

These are just some basic steps that can help your computer live a longer life, rather than waiting for it to become slow and then buying a new one. If you still do not understand, then it will be best if you got a friend, colleague, or bringing your computer back where you bought it from, if you got warranty, and have them solve the problem. You will get that satisfaction if you learn to protect your computer. It will also help you know what to do the next time your computer has a problem.

Credit: "Control is an Option to Command" image by Frederico Cintra at flickr, used under CC BY 2.0

Why I Chose Century College Over the University of Minnesota Duluth

Susmita Kunwor | Contributing Writer

According to Denis Waitley, “You are responsible for the eventual outcome of your life. You have been given the greatest power in the world – the power to choose.” If you make a decision related to your life, you are in charge of the end result. Whenever we are trying to make a decision we tend to overthink and are scared to fail. We have a tendency to make a comparison. We tend to question ourselves, “What if I fail? Is it the right decision?”

Before I came to college, I asked myself, “Are there any alternative ways?” I had to make a huge decision, which college I should go to. It was really difficult for me to make a decision. There were many options but I had to decide which college was right fit for me. I narrowed the options between Century College and the University of Minnesota Duluth (UMD). Comparing the cost, location, and financial aid package led me to decide that Century College is a good fit to take my generals.

Century College was cheaper compared to UMD. Century College cost \$13,646 per year which included tuition, room and board, books and supplies, and fees. If going to the UMD, I would have had to pay \$20,917 per year. Had I not decided to attend to Century College, then I would have to take out loans and the tuition fees were high.

To pay off my loan I would have to look for a job which might have led me to keep off the track for my college assignments. I would have had less focus. I would have had been exhausted both from my work and college work. Since, I decided to attend to Century College I did not have to take loans and find a job. I can just focus on my college work and I do not have to worry about anything else.

The Century College location was the best fit for me. It was only 11 miles away from my house. If I decided to go UMD which was 136 miles away from my house, I would have had to pay for the dorm

and I would not have saved any money. By staying in the Twin Cities, I am saving room and board money. If I decided to attend UMD, I would be homesick if I were to live on my own. I would have had to eat food on campus, which I might not even like since I am not used to it. If I were to miss my family, my parents would have had to drive back and forth which would have been a lot of work for them.

Century College offered me a better financial aid package compared to UMD. Century College offered me a scholarship called the Two-Year Occupational Pilot Grant. This grant would have covered any remaining tuition and general fee charges after a student's Federal Pell Grant and Minnesota State Grant had been applied to the student's account. If I had decided not to attend Century College, then I could not use this grant. I decided why not accept this grant for 2 years and then transfer to 4-year college to get my bachelor's degree.

Century College was cheaper, located nearby, and I received a better financial aid package which led me to determine it was worthwhile for me to take my generals here. Century College was not expensive compared to other colleges which means I did not have to take a loan or find a job. Century College was nearby me which means I did not have to pay room & board. Century College provided me a financial aid package with several grants which meant I did not have to pay or take a loan and I could just focus on my studies. One should always make a decision which will benefit oneself and be best option.

the Truths about Poverty,

Vladimir Cruz | Editor-in-Chief

Ramon Varela | Photographer

On April 6th, Century College welcomed back Dr. Donna Beegle, President of Communication Across Barriers.

Michele Jersak, a Counselor here at Century College, started off by welcoming everyone who attended this event, and introducing Ron Anderson, vice chancellor for academic and student affairs.

Joyce Coleman, Vice President of Century College, followed with introducing Dr. Donna Beegle.

Dr. Donna Beegle started with stating that, “national statistics show that only eleven percent of students that come from poverty and go into a higher education system leave with a certificate, and if they come from foster care, only three percent”. That is an incredibly low number for students who are living in poverty, which show that we need to step up our support system for those who are struggling to make ends meet.

Dr. Beegle goes on to explain that, “the moneys there, it’s just we tend to use it on the symptoms of poverty and not the real poverty issues. When communities get poverty informed and come together and really start examining what they can do, obstacles get removed.”

“The traditional approach at best are help people to cope with poverty. If you’re in it this is what it feels like ‘here’s a three-day box of emergency food... good luck.’ Never mind you don’t have a place to live, you don’t have education skills to earn a living, or have a mental health challenge.” Dr. Beegle adds.

Having food is crucial, yes, but that is not the only problem people that are experiencing poverty face. Having the necessary resources to better suit the core problems of poverty can

help people get out of poverty, and more likely to even stay out of poverty. Dr. Beegle explains that when she started working with Amarillo College in Texas that, “they were really focused on getting more tutors, and more computers. After getting poverty informed, they realized quickly that they can have all the computers in

stereotypes. However, Dr. Beegle explains that, “it’s not our universities that are our teachers of poverty, it’s the media.”

“What does the average person know about poverty?” Dr. Beegle asks the audience. “They’re going to know the stereotypes, when I first started speaking people would come up to me and they would say, ‘well you know they’re poor because they’re drug addicts, alcoholics, sex offenders, and child abusers.’”

“You’ve taken every social ill in humanity and put it on people in crisis who don’t have a voice” Dr. Beegle responds.

She then states, “how many of you heard of a wealthy person who is addicted to drugs?” To which the audience reacts to with laughter to the rhetorical question. “Drug addiction is not a poverty issue.” Dr. Beegle emphasizes.

Dr. Beegle then describes that when she asks college students to describe the term “the homeless,” that they would respond with “dirty, lazy, drunks,” every possible stereotype they could think about. But when asked about the term “people without homes” she got a very different response. “lost their job, had a fire, got sick,” are the words which came to mind when presented with the same term, but with “people” added.

“What’s happened to people in the crisis of poverty, is that we dehumanized them to such a degree that we don’t see them as people.” Dr. Beegle explains.

“The federal government doesn’t even have a clear definition of poverty, and if you talk to ten people you’ll get ten different description of poverty. All of that confusion usually makes people judge.”



the world, but if we were not connecting with our communities in powerful ways we aren’t going to reach our students who live in the crisis of poverty.”

People are quick to stereotype those who are living in poverty and blame it on colleges and universities for teaching them those common

and What can be Done About it.

There are many types of poverty that move on from the scope of just not having a home, or any other stereotypes. Dr. Beegle explains some of them very briefly.

“Generational poverty is the type of poverty where people tend to have high levels of illiteracy, they couldn’t read a newspaper.”

“working class poverty, who are working and are making a little bit of money but aren’t typically owners of the land. They buy into the idea that if they work hard they’ll make it. According to Census, two thirds of the people living in poverty are working more than one job. So, they’re working, but there still not able to pay rent.”

“Then there is situational poverty, where someone grows up in a middle-class environment they have educated parents they have people who know the importance of education and what you can do with it, they have been exposed to possibilities, but maybe cause of divorce, or maybe because they get downsized in their job they fall under the poverty guideline.”

Dr. Beegle states that one common misconception about the United States is that everyone has the same chance of “making it.” Dr. Beegle further explains that is simply not true. “In this country we don’t talk about social class, most people don’t even believe it exists here. They believe everyone has the same chance and same opportunities. That’s part of the problem in fighting poverty because when they believe that, then they don’t want to help those who don’t haven’t had those opportunities.”

“Most middle class people in the middle class don’t even know someone in poverty by first name. They typically know what the media shows, which is usually dramatizing and showing extreme cases.”

to see real poverty you have to go to third world countries’, which is not true.”

Dr. Donna Beegle ends off with, “being poverty informed is more than just coming to a session like this.” Being poverty informed can go a long



Another common misconception about the United States is the income it takes for family to survive. According to Dr. Beegle, “The federal government says that a family of four, that you need around twenty-four thousand a year to survive, but that doesn’t include childcare, healthcare, and transportation.” Now that may seem like a sufficient income to sustain a family of four, but the reality is that, “after you add in those costs it actually should be around forty-eight thousand.” Dr. Beegle States.

“We got a lot of people falling through the cracks that look like they’re above the poverty guideline, but the poverty guideline hasn’t been updated since the sixties.”

“People believe that have to abroad to fight poverty, and they’ll say things like ‘well you want

way, and it doesn’t cost a dime. Breaking the social stigmas that are attached to poverty is just the first step to eliminating poverty. Poverty can very well be dealt with and disappear altogether believe it or not.

Make sure to check out “Invisible Nation” starring Dr. Donna Beegle, when it comes out. Also, visit her website combarriers.com for more information and books from Dr. Donna Beegle.

Visual Communications Technologies

Work on Big Upcoming Projects

Vladimir Cruz | Editor-in-Chief



Credit: "4" image by tommietheturtle at flickr, used under Public Domain Mark 1.0

Mike Eddy, an Apple Certified FCPX Instructor, has been leading various projects surrounding the Visual Communications Technologies. He has been teaching VCT for 10 years, and counting.

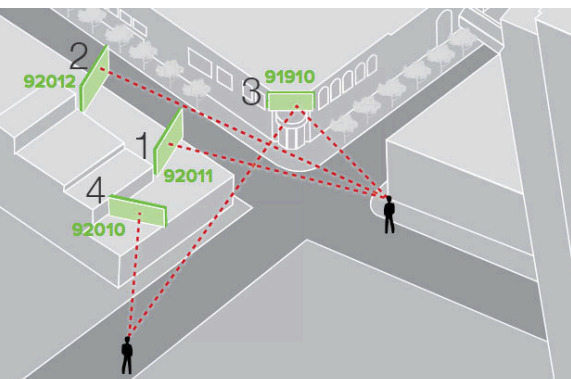
Mike Eddy explains that 3 different classes are taking on 3 different projects.

One is making a public service announce for the Minnesota highway patrol. "VCT has been working with Minnesota highway patrol for a number of years" Eddy adds. One way they have been helping them is making 60 second several public service announcements for distracted driving.

Mike says that, "VCT has been doing this for the last 4 or 5 years". These public service announcements will be broadcasted in driver education classes, as well as the KSTP networks, and even submitted for the student Emmy Awards.

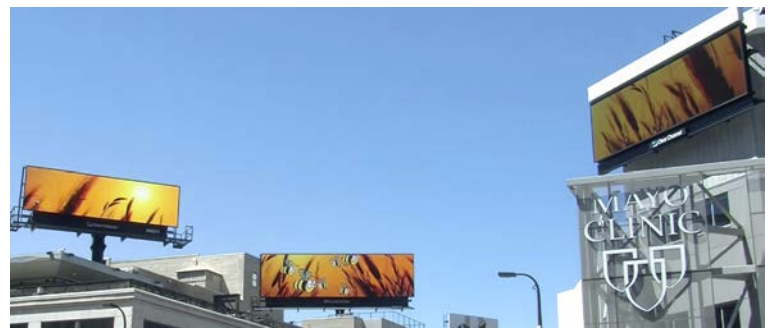
Another main project VCT has been working on is Clear Channel Outdoors, which Eddy describes is, "the digital billboard people, that are on some highways that rotate every 8 seconds". Mike Eddy also adds that these billboards can play video, but they do not want to distract drivers too much.

"There are only a handful of places in the entire United States that have billboards in a pedestrian area, including Times Square in New York, Las Vegas, Nevada, San Francisco California, and downtown Minneapolis" Eddy explains.



Eddy describes that if you stand in Hennepin Ave and Seventh Ave, you will be able to see 3 billboards. Images across the 3 billboards will be synced together to appear as if an object "leaps one billboards to the next."

VCT and its students are working hard on all these upcoming projects, so make sure to keep an eye out for all them!



Credit: Images courtesy of Mike Eddy



Credit: "Makeup Brush on White
Background" image by Matt Trostle
at flickr, used under CC BY 2.0

Cosmetology Department Branches Out with the Community

Tanita Cronk | Staff Writer

Ramon Varela | Photographer

For over 20 years, the cosmetology department at Century College has been helping students learn how to achieve success and become great cosmetologists. But that is not all they do.

Student and Cosmetology Major Sam Vinson says, "Cosmetology is an interesting program, because the art you create is on a living canvas."

Students learn with a mix of 1550 hours of classroom and clinic hours that reflect current trends and keep up to date with state regulations such as skin care services. Students also get to practice their skills in the community through programs like Skills USA.

Skills USA is a high school and college program that takes students, teachers, and industry partners for all career and technical programs and put them together to ensure that students going into the industry are a "skilled workforce."

Skills USA is also a student.org organization that works with industry students and advisors. Thom Costa, Century's cosmetology chair says "It teaches how to be a strong leader in their career and community."

Through this program, the cosmetology department has been reaching out to the community. On the first of April, they hosted the Annual Cosmetology Competition right here at Century College. Century College took 2 gold and 1 silver at this event and 4 students will be going to the National Competition which will be in the third week of June.

Although we have had competitors in the competition in the past, this was Century College's first time hosting the event in which cosmetology students from all over the state will come to compete.

This fall semester, the cosmetology department will start offering mentorships to the students of Northeast Metro 916 High School which is located next door the salon on east campus. The students in this high school program receive college and high school credit, utilizing hands-on learning opportunities. "We are excited to roll it out," states Costa.

In addition to Skills USA and Northeast Metro 916, the cosmetology department also reaches out into the community with events for organizations. For instance, on April 12, the students of the program worked with Big Brothers, Big Sisters during an event in which the mentors and mentees of the program come in for an evening for dinner, demos, and discussions about a career in cosmetology.

Once a semester, the department also brings back alumni to give talks and demos. It is a chance for alumni to show off their work and talk about where they went after graduating.

In addition, the students also practice their skills by providing services for people that live in the neighborhood, children's birthday parties, and local groups homes whose clients come in with their caregivers to get manicures and haircuts, as well as Century College students.

We want to "highlight the fact that we have this unique little niche inside the greater college," says Dawn Goebel (Instructor).

In order to do this, the department has been working with the marketing department here on campus to be able to give the student salon a "persona." The new salon name will be *Salon 120 @ Century College*.

This fall the department will have a grand opening in which they will share a new logo and brand for the student salon. They look forward to seeing you there.



The Background of “Hair!” the Musical Explained

Mariah Sletten | Staff Writer

“‘Hair!’ is a very socially conscious play,” says Paul Aberasturi, director of Century’s production of “Hair: The American Tribal Love Rock Musical.” “It’s fun, it’s funny, it’s risqué at times, but it’s very passionate; it’s very heartfelt.”

Shirley Mier, who is directing music for the show, says that “Hair!” unlike many representations of particular moments in history, “was written by people who were actually there at that time. It’s a creation of its own time period.” Mier says that James Rado and Gerome Ragni, who wrote the script and lyrics for the musical, “were very much part of the scene. They knew people that were part of the counter- culture.”

Rado writes, on the official “Hair!” website, that he and Ragni met through another production in which they were both cast as actors, and they had concocted the musical together. “At first, we had considerable difficulty finding a composer,” Rado explains, but then they met Galt McDermot, and “it was love at first sound.”

“It’s interesting to note,” says Mier, “that the composer, Galt McDermot, was not really part of the counter culture scene. He lived in a completely different part of New York,” she explains. “He had a wife and a family, which, you know, was not part of that scene at all. But he was very inspired by the counter-culture, and the music he wrote, I think, fits really well with the music of that era.”

“Hair!” debut fifty years ago, in 1967. The musical made it to Broadway in April 1968, but “began its run 40 blocks to the south, in the East Village, as the inaugural production of Joseph Papp’s Public Theater,” according to a “This Day in History” entry on History.com. “No show had ever gone from off-Broadway to Broadway before,” Rado writes. “Hair was one of the first.”

Aberasturi says that “Hair!” is written in a way where “it’s the hippies that knowledgeably go into a theater and, in the play, the hippies talk directly to the audience: ‘Hey audience!’ They talk to them, and they say, ‘We know you’re here. We know you’re watching us. We’re presenting our life to you, so you understand who we are.’”

Rado writes about the original Broadway cast, “They lived it to the point where they became it...

and the audience knew they were looking at the real thing.”

“Everybody in the cast is part of what is called ‘the tribe,’” Aberasturi explains. ([Actors for the original casts were selected from local people.](#)) Aberasturi says about selecting cast members for Century’s production, “I’m looking for people who are willing to go and experiment and do things that are out of their normal 2017 circle of life, things that they’ve ever experienced before, because I’m asking them to go step back in time—you know, 50 years ago—into this weird subculture, and do wild and crazy things.”

Some of the wild and crazy things you’ll see in the musical include drugs and nudity, which were very much parts of the hippie scene. ([The hippies thought of drugs as a way to open up spiritually, rather than just their next fix.](#))

“We have a lot of marijuana that gets smoked onstage,” says Will Slayden, the production’s technical director. He amends, “Obviously, we can’t use real marijuana, because that would get me arrested, so instead we use this: It’s sage and mint, but it looks pretty darn good, and it smokes fairly well, and smells right when it smokes.”

As for the nudity in the musical, Aberasturi says that context matters. “It’s not sexual,” he explains. “It’s celebrating: ‘We have nothing to hide. This is who we are. We don’t need clothes to mask or make people think that we’re somebody other than we are.’”

Aberasturi likens the nude scene in “Hair!” to other versions of nude art, like paintings of the Renaissance era. (Artists study nude bodies to learn about form, shape, and movement. The nudity in Hair! is...).)

“All the hippies on stage—and I’ve got thirty of them in this cast,” says Aberasturi, “All of the characters are saying: ‘You’ve got to understand who we are. Peace is important. Love is Important. This is who we are. We need to care for each other.’”

Slayden says, “politically, there are a lot of relevant themes that last through to the political world that is today. A lot of the statements that are made by this script could just as easily be

made on a street corner of Minneapolis, and have the same relevance.” Kelly Knox, who plays the character Rosie, says, “I think today history is definitely repeating itself. We still have the activists and we still have the protests like we did in the 60’s.” Aberasturi explains, “They’re worried about... pollution and the environment, and issues about that, issues of the civil rights, and issues of women’s rights, and gay rights... and he fear of going to war, and ... how much should we get involved with other people, and fighting, and hurting other people in other countries, and all of that?” He poignantly notes, “it’s interesting in one respect, and scary in another.”

Many of the same issues the hippie counter-culture faced in the mid-sixties are still relevant today. “They’re worried about... pollution and the environment, and issues about that, issues of the civil rights, and issues of women’s rights, and gay rights... and the fear of going to war, and... How much should we get involved with other people, and fighting, and hurting other people in other countries, and all of that?” Aberasturi poignantly notes, “It’s interesting in one respect and scary in another.”

All of these issues are put forth in a vivid display of dance, lights, and rock’n’roll, on a set Slayden says is designed to look like “buttons on a hippie’s denim jacket,” blown up to massive proportions.

“It’s a very multimedia production,” says Aberasturi, “so there’s videos and photos going on throughout the entire play, at all sides: above your head, and on the side walls, on the back of the set... The audience is going to be inundated with stimuli.”

Admission for the musical is free for all current Century College students, faculty, and staff. \$10 for students from any other institution with a school ID \$12 for everyone else.

[Show Times are at 7:30pm on the following dates: Fri-Sat, April 21-22, Thurs-Sat, April 27-29, and Thurs-Sat, May 4-6.](#)

[You can buy tickets or reserve a seat online at \[www.showtix4u.com\]\(http://www.showtix4u.com\).](#)

The Music of “Hair!” the Muscial

Mariah Sletten | Staff Writer

“Musicals are, in a way, not reflective of real life,” says Shirley Mier, the music director for Century’s upcoming production of “Hair!” “You’re not going to be walking down the street and just burst into song,” but there’s another facet of reality to consider. She adds: “you may feel as if you could burst into song. You’re so happy, or so despondent, that nothing is adequate except for music... There’s this emotional realism that is depicted in musicals.”

“Hair!” is especially replete with music. “There are 51 songs,” says Mier, “and oftentimes they go one right into the other, so it’s a continuous sequence. The music is an absolutely essential part of the show—and the lyrics, too. The rhythm and the music adds a lot to it.” There seems to be a lyrical theme to the songs which is lists.

Mier says, “The title song, ‘Hair,’ is all about how great the main character’s hair is, and it’s lists of adjectives to describe your hair.” Other songs contain lists of drugs or colors, and some are descriptive of societal issues, like the song “Air,” which brings attention to noxious chemicals that people were breathing at the time. “This was before the EPA (Environmental Protection Agency) came along. This is before the massive clean-up effort. Before Rachel Carson’s ‘Silent Spring,’” Mier explains.

“There’s one song which is nothing but a list of racial epithets, and they’re sung by/to black guys in the cast, but they’re kind of singing it back and forth to each other, and (like many things in the show) it’s all about context. They’re basically listing all the stuff that they’ve been called in their lives... and even for the time, it’s meant as kind of a dig at people in society who use these racial epithets.”

You may recognize these or other songs, even if you’ve never heard of the play. “Commercials still play a lot of the music in their stuff, and in underscores in movies and TV shows,” says Paul Aberasturi, the director of Century’s production. “‘Hair!’ was the first musical to be composed entirely with original rock music, and ‘a lot of the songs became Top Ten songs on the rock’n’roll/pop charts,” says Aberasturi. “This music is just part of our culture, whether people know where it comes from or not.”

Mier and a small ensemble of Century students will be recreating these hit songs for the production. “We started doing musicals in 2010,” Mier says, “and we’ve had a live band for all of them, a live orchestra.” For the musical, the band will be comprised of a guitar, bass, and drums, as well as a trumpet and saxophone, in some of the songs. Mier will be leading the band on keyboard.

In contrast to having a prerecorded soundtrack, “it’s much better to have a live orchestra to react to the live action on stage,” Mier says. “It allows for a lot more flexibility . . . and of course, having live musicians, it’s more exciting.” Aberasturi comments, “It’s like going to a rock concert.”

Mier says she has “music-directed a lot of shows in community theater in past years,” and listed Stages Theater as an example. “I’ve been involved in music directing, musical theater and writing it, for a long time, and I just love the process.” As part of the music department at Century, she also teaches a number of classes, including Popular Music in American Society, Ear Training, and Songwriting.

Mier was on sabbatical last fall, and during that time, composed a piece of music for the Century Chamber Orchestra. She described the work as having a local theme of “historic locations



and stories about White Bear Lake.” Mier will not be conducting the piece herself, partly due to her involvement in “Hair!” so Elliot Wilcox, the Century Chamber Orchestra’s music director, has been the caretaker of Mier’s work. “Part of being a composer,” Mier says, “is to make the score, communicate as much information as you can, and just trust that they’ll take good care of it.”

“And I get nervous,” Mier admits, “but it’s exciting, too. It’s like opening a gift—or giving a gift and watching someone open it.”



The Production Behind “Hair!” the Muscial

Mariah Sletten | Staff Writer

Before you see a play on opening night, the cast and crew worked long and hard to put it together. “It’s a lot of commitment,” Says McKenzie Lang, a Music Education Majoring acting in “Hair!” Rehearsals for “Hair!” started on February 7th and ran Monday through Thursday from 6pm to 9:30pm in the evening. After spring break (during which the platforms onstage were assembled), they also met on Fridays and extended their rehearsal time to a full four hours per night, Paul Aberasturi, the play director, explains.

“By the end of the rehearsal,” Aberasturi says, “everybody’s pretty wiped out—but it’s great; it’s in a great way.” Rehearsals end with a sense of accomplishment.

“It’s fun,” Shirley Mier, the music director, says. “It’s a good experience to work on this type of musical, despite the sheer amount of work that’s going into it.”

“My philosophy here is to direct plays with the mindset that college is preparation for the professional,” says Aberasturi. “By elevating our minimum standard of quality, we’re teaching people what they need to know. . . . This isn’t just extracurricular fluff—a side thing the college does for fun. This is an academic program.”

Will Slayden, the technical director, comments, “That’s one of the reasons I work in education, really, is that I get to teach these students the process, you know, and they get to learn these methodologies.”

“It’s really wonderful when you start to see us pull stuff out of the actors that they didn’t think they were able to do, you know,” says Aberasturi, “because we bring in actors from the first time they’ve ever done something, to actors who have been doing stuff on stage for years and years and years. We do everything, we mix it together, so it’s really neat to see that broad array of talent, and where they grow over the course of the course that they’re in.”

“When I go to see a musical,” says Mier, “I enjoy the music, and I enjoy the story and all that, and I also am aware of how much work it took, and what the process was that they went through to put on a show, and I get enjoyment from that too.”

Slayden says he hopes that people come to Century productions “because they know that there’s going to be art presented onstage, and they don’t care what play it is. That’s the reputation we’re trying to build. . . . They know they’re going to get good scenery. They know they’re going to get good costumes. They’re going to get progressive acting, progressive directing. It gives them something they can’t get at another venue in this area.”

Because of the level of work going into its productions, the Century theater department welcomes any help it can get. “Anybody that wants to get involved, we will find an opportunity for them to be able to do so,” says Aberasturi. “Anybody. We’re not going to turn anyone down. . . . There’s so many other areas to be involved (with) in a production: costumes, or lighting, or sets, or sound; makeup and hair.”

Slayden says, “For some of our shows (especially bigger productions), the students get very directly involved in the artistic decisions. They’re actually making decisions, making moves on things.” There are a couple students who have been working with him for several years.

Johnny McCallum, who has “kind of intrinsic” artistic talent, according to Slayden, and “knows his stuff, when it comes to my shop,” and Brianna Markie, who is “doing all of the hair and makeup. So, she’s doing all the kind of contextual research, and you know, what makeup looked like in the sixties and what women would have worn it and which women wouldn’t have, and shaving choices. . . . She’s in charge of all that kind of stuff.”

“Another thing I love about this show,” says Slayden, “is this, honestly, is probably the most diverse cast we’ve ever had on our stage. We’ve got all ends of the sexual spectrum. We’ve got probably four or five different races represented onstage. We’ve got age brackets ranging up (from teens) into the fifties.” Kelly Knox, fifty, a student majoring in Human

Services, is making her theater debut in “Hair!”

“So there’s a big, broad range,” Slayden says, “and that’s another thing that, in the past couple years, we’ve been trying to focus on, is just this school dictates that we have to have more diversity on our stage. The all-white show stuff has got to go. . . . Century College is the most diverse school in the Midwest—I mean, we have more countries represented here on this campus than any other school in Minnesota. That’s pretty significant. . . . and we need to reflect that on our stage, as well.”

About the choice to do “Hair!” Slayden says, “I think that, to a certain extent, doing this show is also a statement about the type of art the theater department wants to do. We want to be able to say that everyone’s welcome inside this theater. We also want to produce modern things, that make you think... Theater, in my eyes,” he explains, “should make you leave questioning your choices. You should walk out thinking about life, and thinking about why your life is the way it is—and you should also walk out thinking about the way the problems in the play resolved (and why it happened that way).”

Alongside places like the White Bear Center for the Arts and Lakeshore Players, Slayden says, “We would like that, say, four years, five years from now, when people think of art and theater in the Northeast Metro, they think: Century College.”



BEHIND THE SCENES



SEXUAL ASSAULT

TRIGGER WARNING: the following content contains strong language and detailed events of sexual assault.

Anonymous | Contributing Writer

Every 98 seconds, someone is sexually assaulted. Every 8 minutes, that victim is a child. One in four college women report surviving rape or attempted rape at some point in their lifetime. Crazy, right? Well, I am a part of that statistic. This is my story.

It all began on a long plane ride to Vietnam. I've always had a memory of something bad that happened to me on this plane ride but I buried it in the back of my mind, not sure whether if it was my imagination as a child or what. But every detail of that moment, I've remembered, and it's always played inside my head and it always felt so real. I was six years old travelling with my family to another country for the first time. As a child I didn't know anything about the world. Unfortunately, I didn't know how sick people could be either, but I'll get to that in a moment. All I knew was that as long as I was with my family, I would be safe.

I remember my dad and two sisters sat together during the plane ride, while I was seated in between my mom and an older man in another row. It was an overnight flight and everyone was sound asleep, including me. However, one man just couldn't fall asleep. I remember feeling a warm touch against my thighs before opening my eyes. I looked up and saw a man sitting next to me, around 40 years old, wearing business clothing. He was smiling at me. As I looked down, his hands were down my pants and inside of my underwear. Confused, I looked back at this man's face and he mouthed to me "Shh". I remember looking at my mom who was sitting beside me in the aisle seat. She was so asleep, I didn't want to wake her. So I just sat there quietly, next to this man who fell peacefully asleep after he hurt me, and feeling pain between my legs, for the entire flight. I don't know why I didn't wake my mom up. I don't know why I didn't scream. I don't know why I didn't tell him to stop. I just knew that I never wanted this to happen to me again. Till this day, my family doesn't know about it.

Growing up, I was taught how not to get raped. I was always told by my peers and adults around me that as a girl, if I wore a skirt at night, I would get

raped. If I went to parties, I'd have to bring my own water bottle or soda because boys can drug me if I don't. If I got drunk, even with friends, I could get raped. I couldn't date, or else I would get pressured into having sex. There were so many reasons on why I could get sexually assaulted, and instead of questioning whether if those reasons were right or wrong, I listened and truly thought that if I followed those rules, I would be safe. I thought I would be too smart and too strong for it to happen to me again. Well, I was wrong. Because in college, one out of four women are sexually assaulted. I became one of those women, my very first year in college.

I moved to a college in a small rural town here in Minnesota, about two hours away from my family. Upon first impression, I thought my dorm mates were nice girls. I thought I could definitely make friends in this small town, but about two months in, I was completely friendless besides maybe one or two friends I already knew since high school. My dorm mates turned out to be petty bitches who gossiped about me, my high school friends all met new people and formed their own groups. A couple weeks after homecoming season, some girls from my dorm building invited me out to a house party a couple blocks away from campus. At this point I was desperate for friendship so I tagged along. Big mistake. When we got to the party, the girls immediately looked for their other friends, and I was left awkwardly chilling by the entrance, pretending to text people on my phone when I really wasn't. I managed to talk to a couple of people but it was short lived because everyone got progressively drunker, and I was incredibly sober. A guy noticed how lonely I was at the party, and approached me. His name was Tyler.

Tyler was a guy I knew from my computer science orientation classes, but I never really talked to him before. "You look really lonely" he said. He offered me a drink, which I respectfully declined and to my surprise, he didn't push me to drink. Our conversations went great. He was respectful, kind, and funny. He was someone I thought I could continue a friendship with. It was getting late, and I was getting more and more irritated by the drunk students surrounding me so I told Tyler it was time for me to head back to my dorm. He suggested walking with me but before we'd head out, he had to grab his keys in another room first. I stupidly followed him to the room and that's when he closed the door and tried making out with me. As much as I told him no and to stop, he forced

himself on me until I fell on his bed.

I felt like the six year old me again, as Tyler held down my wrists, breathed down my neck and stuck his fingers inside of me. I remember being completely frozen as my mind couldn't comprehend why this all turned wrong so incredibly fast. I was a virgin at the time and with my shorts pulled down, and his body rubbing against mine, I thought that this was it, this was how I was going to lose my virginity. Not to someone I loved or someone I cared for, but this prick. I was tired of resisting and I was going to accept defeat until I started thinking about my mom. I envisioned her telling me to put up a fight, and to come back home to her. I started punching Tyler and I hit him in the face with an Xbox controller that I reached for on the desk beside the bed. As he got off of me, I pulled my shorts up and ran back to my dorm, where I cried myself to sleep. I stopped going to class, I became severely depressed, and I moved back home a month later because my parents found out I was hurting myself and became worried that I would kill myself if I stayed at that school any longer.

I went over every single detail of that night wondering what I did to make this happen. Why didn't I yell? Why did I wear slutty clothes? Why did I lead him on? Then, I remembered back to when I was just a little girl and thought, "what did she do to deserve what happened on the plane?" She was just a kid. The reason why I wanted to share my story was because I want any victims/survivors out there reading this, to know that it is **never** your fault. It doesn't matter whether if you got drunk or not, it doesn't matter what you were wearing, it doesn't even matter if you stayed quiet or screamed "no". None of that shit matters because rape shouldn't happen to **anyone**. After what happened, I took a yearlong break from school to recover from my mental state and I am now studying at Century with a whole new fresh start. Tyler moved to another college as well, and that's all I know about him now. To my readers; if any of you know a sexual assault survivor, please support them and most importantly, believe them. Spread awareness, educate your peers on what consent is, and fight to make the world a better place. To my fellow survivors, whether male or female, old or young, I stand with you. If you're struggling, please seek help. You're not alone.

AWARENESS

TRIGGER WARNING: the following content contains strong language and detailed events of sexual assault.

MONTH

Anonymous | Contributing Writer

I had decided to tell my family about what happened to me in the past as a child, but my mother rejected me.

As of now she doesn't speak to me. This was supposed to stay a secret but I decided to stand up for myself and let everyone know what I felt. I was sick and tired of always carrying this pain in my chest.

At age 7, during Winter, the worst thing in my life happened to me. My grandmother was taking care of me when a predator decided to attack.

My life changed forever.

Nightmares started kicking in I spent sleepless nights crying. That was what most of my childhood years looked like.

Keeping a secret will not help anybody, it just makes things worse for children that have been sexually assaulted. According to the women-sheath.gov the definition of sexual assault is "any type of forced or coerced sexual contact or behavior that happens without consent."

No human should ever go through this because it is the most hurtful thing you can go through. I want to inspire more people to speak up and say something. We all have the right to be heard.

An activity that I used to do in high school was boxing to relieve my pain. I loved that place. It was like a home to me. A home I never had

because since age sixteen I was thrown out of the house for not wanting to go to church.

The truth was I did not want to see the person that had caused me so much damage. Despite all the hurtful things I had to face growing up has made me a stronger person. I want to make a change, not only with my life, but with other people that have gone through similar things as I.

One day I want to be able to open up an organization that can give hope and healing, but through a free fitness area so people can practice boxing. I have transformed myself by saying the truth I been rejected, but I have learned to love myself and accept myself for who I am.

Sometimes your own family can reject you for opening up to them and this is why most people do not like talking about sexual assault. I was at the hospital on February 28, 2017, and a lady approached me by saying if I can look up her boyfriend in jail, which I thought this was an odd request.

As I kept on talking to this lady I found out she was in the emergency room because she was a heroin addict. Her hands were freezing cold and her rehab counselors send her there for her own safety.

I decided to share with her how excited I was about being a Century College student participating in activities that had to do with sexual assault awareness, and my journey to becoming a Law enforcement student to help survivors.

This lady asked me why was I so passionate for helping others, and I told her because it was a personal thing. She then started telling me how the first time she smoked cracked it was with a guy that raped her while she was unconscious. Ever since then she became an addict to heroin to numb the pain.

I then proceeded to tell her things she can do to motivate herself when those thoughts come to her mind by thinking positive things and looking for things she can entertain herself with. For example: a hobby.

I am nobody to judge this woman. We all have different stories and we are the ones that decide what to do with our life. I decided to make a change in this world. If you see something say something, it can make a difference.

Credit: "facebook_option1_2" image courtesy of nsrvc.org/saam



Phases of Adaptation

A Ulises Valdez | Contributing Writer

In 2006, I was sentenced to federal prison for 144 months—how's that for an experience? In the years to come, I would go through a process of adapting to a setting which I had never encountered before. Being introduced to a new environment and its etiquette can be different from what you are used to, thus having to adapt to it.

Adapting to new environments will bring forth change through a series of phases—obliviousness, awareness, action, and defiance. These phases I went through led me to better adapt to my surroundings in a positive manner.

However, it doesn't always have a positive outcome. People may experience these phases similarly to my experience or maybe very differently. No way of encountering these phases is right or wrong; this is solely how I, personally, underwent these phases in my time of adapting to this new atmosphere.

Despite the quality of the outcome, you will adapt to the environment. I am using my most challenging experience of incarceration as an example to assist in my explanation of this process.

This first phase that I transitioned through when adapting to a new environment was the most dangerous. It was the phase of being oblivious to my surroundings. This can be dangerous in many newly experienced environments, not solely the one I am talking about.

For example, in a new job you could get hurt because you are unaware of the safety hazards, or perhaps in a new culture, you could say or do something that is socially unacceptable by that culture.

The first year and a half of my incarceration, I walked around in this state of obliviousness. This was my initial reaction—or rather, no reaction. I had no idea how to conduct myself, nor what to expect. My greenness showed as I timidly walked through the prison corridors to my new place of rest.

However, I was not entirely frightened. To be honest, part of me was quite excited! As the saying goes, "Ignorance is bliss." I was happy, even borderline content, at this new ambience even though I knew it was a dangerous place.

I was only intrigued because I truly did not know what sort of environment I was in. The understanding of the dangers would come to my awareness in the next phase I transitioned to—the phase of awareness.

Progressing into the phase of awareness, I began realizing things about my surroundings. I was not so enchanted by the whole mystery of it anymore. There were things coming to light that was no laughing matter.

I came to know I had been risking my safety by walking around blindly. During this phase I learned how things operated. I gathered as much information as I could, studying the etiquettes of the population and understanding what and what not to do. Although the whole philosophy of this environment still intrigued me, I learned that it was not a playground to play in.

The awareness phase was a good learning and growing phase. It sharpened my senses, brought me acuity, and made me a good judge of character. Ultimately, people stay in this learning mode mind-set as they progress through the phases. This proved to be wise.

People who believe they have learned everything they need to know about an environment are the ones who fall victims to it, miss an important aspect of it, or simply fail to see the beauty of it.

As I learned, I began to change. Yet, the change did not happen immediately. I had to ponder upon many of the philosophies I learned in this setting. It wasn't that I was putting these philosophies through my own morally righteous core beliefs—no, I was just not ready to start acting like a man, or rather a true convict.

Slowly, though, my change crept in, one etiquette at a time. Before I knew it, I had

transitioned into the action phase. In this action phase, I learned so much and was still learning. The base of this phase was the change in my actions. This was the walk the walk phase!

I was not done learning, but rather I started acting on what I had learned already. I now knew how to conduct myself after becoming aware of the customs. I did not look so susceptible and inexperienced anymore. My character metamorphous took the better part of five years.

In my experience, when it comes to the phases of adapting, the action phase is the final phase for most. This is the phase where you have adapted completely to your environment. However, there are some of us that learned to adapt to our environment but also learned to challenge certain customs in our surroundings.

The phase of defiance, as I call it, is the fourth phase. This phase is like the Self-Actualization (Self-Transcendence) level in Maslow's Hierarchy of Needs. Not everyone reaches this level, but it is not necessary for basic survival.

Furthermore, the growth into this phase can be utilized as a positive or a negative advantage. Some break off to become malicious individuals with their newly gained knowledge of manipulation, intimidation, and persuasion skills, while others, like myself, acted upon self-betterment and community improvement in this new phase.

The transition into this phase started when I refused to ally myself with an organization, even after being threatened, but that is a story for another time. My point is that this triggered a defiance in customs, which, in turn, gave me the strength to defy other non-edifying etiquettes.

I personally found that I could change to satisfy the surroundings without having to be the aggressive, stereotypical, and prison character that society paints us to be without knowing the mentality or the environment of an inmate.

Ultimately, my person had changed, my character became genuine, and my word was credible. This would not have happened had I not gone to prison, adapted to its etiquette, and furthermore, yet more imperative, challenged some of its ill set philosophies. These phases brought my persona sincerity in integrity.

To clarify a bit, all people, in all different settings, witness different experiences.

Someone who has gone through or went through a similar situation, as I did, may have undergone different phases altogether than the ones I experienced.

Nevertheless, you go through phases despite their appearance. When adapting to new environments and we begin to transition through these phases, understand that change is going to take place in us. Depending on the amount of time that you will spend in this new

ambience, don't fight the change but see what can come out of it.

Take in anything of worth as you progress, cast aside the asinine material, and find ways of growing even when there is not much nourishment to absorb in these stages. I consider experiencing these phases of adaptation a great quality; however, reaching this phase of defiance is none other than a true blessing.

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*http://factfinder.census.gov/bkmk/table/1.0/en/PEP/2014/PEPASR6H?_lang=en&_ss=hispanic-hispanic-year-es
t72014

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



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The Desire Named Ambition Will Not Die

Ker Moua | Lead Copy Editor

There were two siblings named Ken and Mona. Ken was ambitious. Mona had common sense and knew when things were beyond her. Both siblings were opposites of each other but each helped the other. Ken dragged Mona everywhere while Mona kept Ken from doing anything he would not be able to handle.

The two children's choice of careers in life were different. Ken's was ever evolving while Mona had none but planned to enter the work force and figure out from there.

In elementary school, the older sibling, Ken, aspired to be an artist. He liked to draw and make art related crafts. His parents asked him to be a doctor or a lawyer. He complained he would rather have a job he enjoyed instead of a job he did not like.

Mona on the other hand was indecisive. She kept up good grades and hoped for a career to come along that she would enjoy.

In high school during Ken's rebellious stage, he declared he would be a hobo and live in the streets. Studying art had grown tiresome and boring. His parents were shocked. They forced him to continue his education after he said he would take a few years off after high school.

Mona picked up a job at a local fast food restaurant. She worked hard and had good grades during high school. It was during her final year that she felt tired of school. She entered college but dropped out after two semesters. After high school, she felt the real world was cruel and unforgiving. She didn't have the desire to continue. Instead, she focused on work and found a better paying job.

"You're such a workaholic," Ken once told her. "You have no time for family or hanging out."

"Everything requires money," Mona had replied. "Even the house we live in."

"Do you not aspire to do more?" Ken inquired. "Do you not want your name in the history books?"

"Money rules the world," was Mona's reply. "I won't have such grand ideas if I don't have the money to support my every whim."

After Ken graduated college with a less than desirable degree, he became addicted to online gaming. While not working, he would play games for all the odd hours of the night. He dragged Mona along and soon she was playing as well.

For years stuck in limbo, the siblings worked and played. Their parents complained that the money wasted on their games did not amount to them gaining anything. Ken was told to find a wife. Mona was told to go back to school. Neither listened to their parents.

Over the years, Mona noticed that Ken was everything Mona wished to be. He was motivated when he desired something. Their parents loved him more than her even though they say they love her just equally. He was a graduate and had a career. Simply, he was born a man and Mona was not.

"Do you hate being a woman?" Ken had asked her when she told him.

"No," Mona replied. "I'm happy being a woman."

"But you want to be a man because you want privileges," Ken indicated. "You want things a man has but you don't want to lose things a woman has. So you should just be indifferent. You are an independent woman. No need for privileges if you can do things yourself."

While Mona was bored one month and thinking on Ken's words, she went on a documentary binge. Watching hour long videos on an online streaming site, she began to question her role.

There are over 7 billion persons in the world. Why can nothing be solved? How is it that one person in this mass of billions cannot come up with a simple solution to simple problems? So many years have gone by since she worked and humanity is still stuck on this planetary rock.

The candle lit flame that burned inside of Mona burst into a raging fire. Mona wanted to build a spaceship and go to Mars or land on the moon. She wanted to build an underwater submarine and explore the deepest oceans. She wanted to uncover ancient civilizations or know if aliens do exist. But in the end, she still was indecisive. She had so many ideas and possible solutions.

"Then what's stopping you from going back to college?" inquires Ken. "For starters, you need knowledge to be able to do anything."

"I've been out of school for so long," Mona complains. "I can't remember what I was taught."

"You do know how to use a computer and a mouse right?" Ken jokes. "That's what free internet study guides are for."

"I cannot agree on a single degree," Mona counters. "It would be a waste of money without a narrow focus."

"But you have ideas, problems, and possible solutions?" asks Ken. "Then study a degree where you can create things to your heart's desire. Where you are not bound by a lack of knowledge but receiving a treasure trove of resources that you don't have enough time to explore."

"But that degree is overrun by men," Mona responds.

"Do you enter a classroom to be given phantom looks or do you enter a classroom to learn?" Ken questions her.

"To learn what I want to learn," Mona pouts.

"There's your answer," Ken explains. "Take the first step. Put yourself in trouble and work through it. You can do many things. You just need to focus and take that first step."

And so Mona took the first step and studied. She paid the fees and took a test. Then she informed her parents. They were overjoyed that she was planning to do something with her life.

On the first day of the semester, Mona stood in front of a mirror and fixed her shirt before she left for class.

"Desiring to become something you cannot be," her reflection begins, "Do you still want it?"

"You know money rules the world," Mona smiles, "Plus sex reassignment surgeries cost money."

"True," Ken considers. "But you no longer want it."

"I have accepted that you are nothing but my unfulfilled fantasy," Mona says to the reflection, "And that I have to accept that I am me. And I can do more if I stop endlessly wanting something intangible and focusing on what I need to do to get where I want to be."

"So is this good bye for now?" Ken inquires.

"Yes," Mona says to the mirror, "Good bye, brother. Until we meet again."

Mona walks away and the image of Ken disappears with a smile on his face.

CREATIVE WRITING

Fall 2017

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Introduction to Creative Writing ENGL 1027.01

Tues & Thurs • 2:15–3:30

Note: A Monday 6-8:50pm section will open if the Tues/Thurs section fills.

This creative writing class intended for all students introduces the major genres: poetry, short fiction, creative nonfiction, and screenwriting/scriptwriting as selected by the instructor. Because creative writing involves both creativity and scholarship, coursework includes an introduction to reading and critical analysis in a variety of genres; developing and practicing a creative process; and writing, revising, critiquing, and sharing original work in a variety of genres.

Creative Writing: Fiction ENGL 2024.01

Monday, Wednesday • 2:15–3:30

This creative writing class intended for all students focuses on the writing and close reading of fiction. Because creative writing involves both creativity and scholarship, coursework includes critical analysis of student and published writing; forming aesthetic judgments about fiction; writing and revising short fiction; form and technique in fiction; and responding to the creative work of classmates in a writing community.

Creative Writing: Media Writing ENGL 2025.01

Tues & Thurs • 11:00–12:15

This creative writing class intended for all students covers the study and practice of various forms of media writing including personality profiles, event stories, and opinion pieces. Writing suitable for publication in popular newspapers, magazines, journals, and electronic media is emphasized. This type of writing is fundamental to the free exchange of ideas in society, a necessary mechanism for understanding a variety of viewpoints required by well-informed citizens. Because creative writing involves both creativity and scholarship, coursework includes critical analysis of student and published writing; forming aesthetic judgments about media writing; writing and revising stories; form and technique in media writing; and responding to the creative work of classmates in a writing community.

Newspaper Practicum ENGL 2027.01

This course offers academic credit for work involved as a staff member of the campus student newspaper, The Century Times. Two options are available. One Credit Contributor: Staff member will attend staff meetings, contribute story ideas, and collaborate with other staff members to produce issues. Staff member will contribute to each issue by writing an article and/or taking photographs, editing stories, designing and laying out pages, managing advertisements, and other duties as assigned. Two Credit Major Contributor: In addition to the duties of the One Credit Contributor, staff member will make a major contribution to each issue by serving a leadership role. Duties include: assigning stories, photos, editing, and other tasks to staff members; making editorial decisions on final content and layout of all issues; organizing staff meetings and workshops; and promoting the newspaper at campus activity fairs and events. NOTE: This course may be taken in multiple semesters up to a maximum of eight credits.

Apply for Admission/Register for classes at century.edu

Getting a Bachelor's Degree in Neuroscience

Fatma Al Madan | Contributing Writer

Neuroscience refers to the study of the brain and the nervous system. The brain enables human beings to adapt to different things or conditions. Students who carry out the study of the brain understand the fundamental role of science in the society, and help explain the functionality of the human anatomy.

There are people who think studying neuroscience is hard and takes many years. This does not detract students interested in neuroscience because they want to know how genes effect the brain, and to have a high level of expertise.

One of the most important reasons of studying neuroscience is to know how genes effect on the brain work. Students work to understand and handle daily tasks in the medical profession. They work to resolve the disparity that has existed for years such as whether human genes can be controlled by an electrical impulse. They can hope achieve the goal through learning how genes influence a brain's development and its functions.

While, genes can show the differences that coexist in the human body, they cannot make an individual an effective leader. With such instances, many students view that attaining their Bachelor of Neuroscience degree will help assist in gaining an understanding of how genes can change through ecological factors such as chemicals and diet. If provided with a chance and awarded the degree, students can impact the lives of their patients and society through detailed research.

Many students are interested in acquiring this degree because of the high level of expertise they can offer patients. There is a chance to collaborate with well-established neurologists who can help guide students to achieve results. Such mentors will help them enhance their knowledge of the brain and the nervous system.

Additionally, students can incorporate new skills from their learning experience in the classroom and improve methods of brain study. According to Lennart Mucke, "the neurodegenerative disorder Alzheimer's disease is becoming more prevalent in aging populations worldwide. The identification of effective treatments will require a better understanding of the physiological mechanisms involved, and innovative approaches to drug development and evaluation." Learning new skills can help enable students to develop better treatments for neurodegenerative disorders such as Alzheimer's disease.

According to Chris Forsythe in *Cognitive Neuroscience of Human Systems*, students have expectations that once they attain the degree, the number of untreated mental cases will decrease substantially through their contributions. The degree can also help students improve their research on how to contain mental disorders, and assist in finding treatment for mental diseases.

Some people think it is hard to study neuroscience because it has a lot of challenges and can take many years; as result, they think their life will be boring. Where they will just stay at home and do their homework, even on the weekend. Also, getting a Bachelor's degree in neuroscience, will not make them a neuroscientist. To become one, the student will have to continue until they receive a PhD in neuroscience, which takes another 10 years.

On the other hand, neuroscience students believe that they can handle the major. They can be creative people. They can understand well

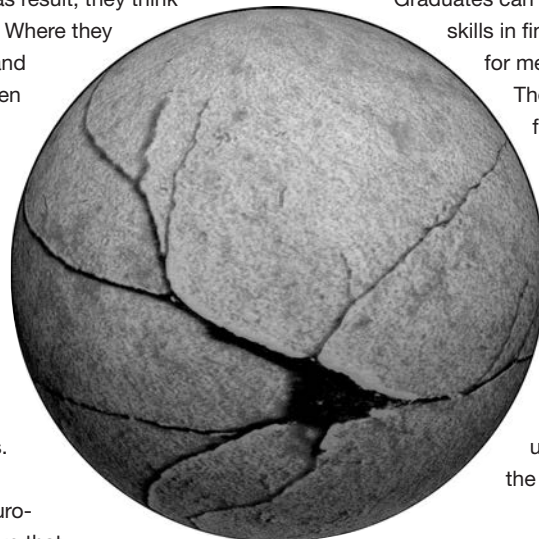
how the brain develops and do the research to improve and discover about the brain, like what the neuroscientist did, which is not hard for them. Moreover, neuroscience students who are undergraduates can continue their studying no matter how many years it takes.

In spite of the fact that getting a Bachelor's degree in neuroscience takes four years, time can pass quickly. A student can graduate and get many different careers to make more money. According to Careers in Neuroscience, such careers can be in "pharmaceutical sales, medical, *natural sciences manager*, and many different careers."

In conclusion, the study of the brain and its nervous system is referred to as Neuroscience. The brain is premeditated as the organ that controls the adaptation of man to different things such as learning processes and what the environment contains. A Bachelor of Neuroscience degree can be inspired by the desire to impact the lives of patients and that of the society by offering a better understanding of the brain. And how genes stimulate different activities such as the reading ability.

Graduates can offer their research skills in finding a treatment for mental disorders.

Therefore, it is beneficial to students to receive the Bachelor of Neuroscience degree since it will help society address the concerns raised and improve a better understanding of the brain.



Credit: "Letter Cloner" image by
Philippe Put at flickr, used under CC BY 2.0

Nursing Associate or Baccalaureate Degree

Christine Joy Del Puerto | Contributing Writer

According to the book, 212 – the Extra Degree, the author, S.L. Parker, says that “at 211 degrees, water is hot. At 212 degrees, it boils. And with boiling water, comes steam. And with steam, you can power a train.” Just imagine that more one degree can affect more towards you. The higher degree that we go, the better our life will be which can support us and our family.

I agree with this quote which talks about how one more degree can make a difference. Some people believe that going for a Baccalaureate Degree in Nursing (BSN) will take longer. Many students graduate as a licensed practical nurse (LPN), but to graduate with a BSN could provide more benefits like developing skills and earning professional identity.

Graduating from a four-year college, receiving a BSN will give you a higher chance of being hired in medical facilities for your future jobs. Many hospitals have hired people who have earned a BSN because they have learned and studied longer which gives them a chance to develop the skills.

PhD Lucy A. Megginson wrote an article called “RN-BSN Education: 21st Century Barriers And Incentives” in the Journal of Nursing Management. In it she says that “the results of Aiken et al.s research indicate that in hospitals with a 10% increase in the proportion of nurses with BSN degrees, there was a decreased risk of patient death and failure to rescue by 5%.” According to Megginson’s quote, developing skills in college could lead to being hired in a hospital which you could increase your patient’s survival in the hospital.

Graduating with a BSN can give you a ‘professional identity’ in the future. Megginson writes that “the participants defined credible professional identity as the inherent respect, based on educational level, conferred to BSN or higher level educated RNs. The participants also described the belief that a BSN will be required for professional and upper management-level positions, those other than clinical staff nurse positions.”

Megginson indicates that when you earned a BSN, you are considered more professional and respected in front of the LPN. Since you have developed more skills, people will look up to you like a teacher. Many people who have earned a BSN have become teachers who taught new RN or BSN students.

Some people say having a BSN will be a waste of time since you have to add more years to study in college. PhD David I. Auerbach wrote an article called “Do Associate Degree Registered Nurses Fare Differently in the Nurse Labor Market Compared to Baccalaureate-Prepared RNs” for the Nursing Economics. He says “roughly 40% of the nearly 3 million registered nurses (RNs) in the United States have an associate’s degree (ADN) as their highest level of nursing education.”

There are many people who do not pursue that goal. Instead they will earn a LPN degree. Earning a LPN can lead to working on any ‘medical/ caretaker’ facilities. Many people work in nursing homes or hospitals that only earned their RN. It would take a lot of time to earn a BSN, why not just work after earning a LPN?

Some people believe that earning a Baccalaureate degree will be a waste of time, but there are benefits. You earn the title of graduating with a Baccalaureate Degree, have developed more skills, and earn the title of ‘professional identity’. When receiving a BSN, the next step is to find jobs that will hire you.

There are some people that think that just transferring to a four- year university will be a waste of time, after graduating with a LPN we can start working a little early than going to school. I don’t think it would be bad to receive a BSN. It might seem like a waste of money but at least you can earn a BSN just by studying and attending class. In addition, the people that are part of the community become my resources to find what field that I would like to pursue.

Making Choices can Narrate Your Story

Christine Joy Del Puerto | Contributing Writer

According to Helen Mirren, “You write your life story by the choices you make. You never know if they have been a mistake. Those moments of decision are difficult.” I have agreed to Helen Mirren’s quote of how our choices could have affected our life story.

How is life different today? Just making a decision is a very difficult to make. We will never know if our decision making is a mistake. So, we have to keep searching for the right college that has a suitable tuition, distance, and a multi-cultural community. When I was choosing between Century College and Saint Catherine University, these three values helped me make a decision.

Tuition is one of the things which most college students notice before choosing a right college. To help a student choose, tuition may be either cheap or expensive to pay. At least there will be a chance to use the loans, scholarships, and grants to pay off the tuition.

For a community college like Century College, tuition is about \$2,000 which can be easily paid for. My earnings will pay for a university that I will be choosing to transfer after two years.

As a student in Saint Catherine University, I would be taking out about \$20,000 for the first year in college. I

would have been thankful for the scholarships and grants that I have been rewarded which would have helped my tuition to decrease half of its amount.

At Saint Catherine, I would have to apply for student work on the weekdays just to pay off my tuition little by little. I also work in my full-time job on the weekend for pocket money. Tuition is only for the classes that I would be taking and it does not include the fee for the dormitory which is required for first year student.

Transportation is one of the things that college students look forward to. When the distance between home and college is far, you may have to be part of the dormitory which can connect to your tuition.

My only transportation for Century College is driving my father’s car. The college is very far. I am using my pocket money to pump gas in the car which last 4 days. I have to attend my classes on the weekdays. I am thankful that my classes start at noon so I will not have any conflict about traffic on the highway.

Saint Catherine University is very close. The University is at least a mile radius from home. I would be able to either walk to school or live in a dormitory which is required for first year college student.

Community is one of the important things that a college student would need since you would be able to socialized with other people by being multi-cultural. Being a part of the Century College community is great, which

I have interacted with many students with multi-cultural and ages differences. I love learning about the community. I have joined a few clubs which give me more information about the school. Hearing about their life

as a Century College student gives me an ease as multi-cultural student.

As a student in Saint Catherine University community, I would notice that the community is dominantly female. Some males are a part of the community but only in the classrooms. Being a part of the community inside and outside of school, the chance to meet multi-culture, learn how women’s roles have applied in the society, female students may learn more since it contains a high population of women in Saint Catherine University.

Choosing is was a hard choice to make between colleges like Century College and Saint Catherine University. Each has their own differences on tuition, transportation, and community.

As a student in Century College, which I have taken out less in loans to pay off my tuition compared to Saint Catherine University, whom may take out more loans. I am still awarded with scholarships and grants but would have to pay more in tuition.

The transportation for Century College is that I have to driven by car daily. Saint Catherine University, which I would have gone in dormitory and also would have walk home sometimes.

The community in Century College is very diverse by culture and ages due to a few clubs that have joined compare to Saint Catherine there is a high population of females where you can talk about women’s roles in society and culture.

As the quote mentions, I will never know if my choice was a mistake and whatever my choices are, it can affect my life story. I can only learn my fate when the events come forward.

Credit: “Pen & book” image

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Century College Chamber Orchestra Concert is a Success

Blake Radke | Contributing Writer



Credit: "The Guitar" image by Debajyoti Das at flickr, used under CC BY-SA 2.0

Maestro Elliot Wilcox conducted a concert that was highly entertaining, warm, and exciting. The Century College Chamber Orchestra displayed a high level of sensitivity, and technical deftness. On Saturday, March 4, they performed a selection of works by Johannes Brahms, J.S. Bach, and Franz Schubert.

The highlight of the works played was surely the Double Concerto in C minor for 2 pianos and strings. The soloists, Irina and Julia Elkina (sisters), executed the sophisticated and tightly interwoven passages flawlessly. Passions and emotions exuded from the keys as the sister's skillfully trained hands pulled forth truly great music. The first and third movements being the two allegro sections; had, a wonderful and quick opening theme. A thoughtfully slow adagio middle section melded the two high flying end sections perfectly; with, the sister's playing in a

lovely lyrical manner.

The orchestra provided a sublime accompaniment to the Elkina sisters. The fast moving first and third movements were light and swift in the violins. The cellos and basses echo the violins' lightness. The slower middle movement adopted a thoughtful elegance; the low strings doubled the first piano's (Julia) left hand with a pizzicato foundation reminiscent of something a jazz bassist would achieve. An exciting performance by all parties, supremely guided by Maestro Wilcox.

As a member of the orchestra, I will mention some of the hurdles that were overcome during performance week. Concert week has a tendency to make or break many orchestras. But the unity and cohesion of the orchestra improved drastically in the days leading up to

the performance. And a great attitude within the members added to the overall success of the concert.

The orchestra meets on a weekly basis to rehearse and prepare the selected pieces and perhaps for a more important social reason. There is a sense of respect and friendship between the members of this orchestra; much more than many orchestras in which I have played.

Look forward to the upcoming May concert. The Century College Chamber Orchestra will debut a piece by Century's own music professor, Dr. Shirley Mier.

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Sponsored by Spanish Club



Century Baseball's Trip to Florida Tournament

Tony Harringer | Staff Writer

Ramon Varela | Photographer

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Every year over spring break, the city of Winter Haven, FL holds the RussMatt Baseball Central Florida Invitational. Over 200 schools from all divisions in college baseball across the country come together and compete. The Century College Wood Ducks were amongst those invited to the tournament this season.

The invitational is scheduled conveniently at Lake Myrtle Sports Park and at Chain of Lakes Park, which are field complexes. Each has six or more baseball fields built all around each other. This allows multiple games to go on simultaneously throughout the day.

The RussMatt Invitational allowed the Century players to get to know each other better. The players connect more as a team as well as play high level opponents to get ready for the run between now and the playoffs that start in the middle of May.

In Century's first game on March 9th, they played Niagara County, who was clearly the better team, winning convincingly 6-1. Century earned a split series winning 5-2 in game two behind Drew Prange's two RBIs and Ryan Hennen's six strong innings.

Century's next opponent was a doubleheader with Lincoln College on March 10th. In game one, it was a pitcher's duel. Neither team scored till the fourth inning. It was tied at one going into the seventh and Century scored to go up 2-1. Lincoln College rallied and scored two in the seventh to win 3-2.

Game two was a different story. Within the first two innings, Century jumped out to a 5-0 lead. Lincoln made it close in the late innings, but Century held on to win 10-7 and earn another split series. Jack Voigt struck out an astonishing 11 batters over four and two-thirds innings and Matt Casperson drove in four runs to help fuel the offense.

Century played one game against Mount Mary College's Junior Varsity team on March 11th, and after just two innings eight runs had been scored. Century lead 5-3, but a crucial four-run top of the sixth gave Mount Marty a 10-7 lead. Century scored three in the ninth, but their comeback came up one run short, falling 11-10 in a wild game.

The Wood Ducks played one game against Heartland Community College on March 12th. Heartland built an insurmountable 9-0 lead in the fourth inning and won handedly 9-2. A positive note for Century was reliever Ethan Freese came in and pitched a five-innings shutout and striking out five.

After three days of rest, Century was back at it on March 15th to play a two-game series against Herkimer County Community College. Century scored in the top of the first, but their bats were silenced the rest of the game. Herkimer used a three-run third inning and a two-run fourth inning to pull away and win 7-1.

Century had a three-game losing streak and needed a win. In game two, they fared much

better against Herkimer. Teams traded runs throughout the game and neither could pull away from each other.

In the bottom of the seventh, Century came through and ended it by scoring the winning run. They emerged victorious at 8-7 thanks to Joe Contreras' walk-off single to end their losing streak.

Next up, Century had a doubleheader with Erie Community College. Century once again scored first, getting three runs in the bottom of the second inning. Zach Rustad pitched 5 strong innings and kept Erie's bats quiet, only allowing two runs on two hits.

Century College blew the game open with a seven-run sixth inning and won 12-2. Griffin Schneider tallied up four RBIs in the win and went 4-5 in hitting.

In game two, it was Erie Community College who got on the board first, scoring four runs in the second inning, and knocking Century starter Jack Voigt out after just 1 innings. Century came right back with a five-run top of the third and took the lead.

The Wood Ducks took control from there and even added insurance runs in the top of the seventh to win 9-5. A forgotten member of the team win was Brady Yanish. Brady came in relief in the second, and pitched the rest of the way. He went five and one-third innings while striking out seven.

The Wood Ducks had their final game on March 17th against Baseball Academy Canada. Century got off to a wonderful start. They scored six runs in the second and added two more runs in the sixth to go up 10-2.

Canada Academy added some runs in the sixth, but never got close, as Century finished tournament play with a 10-5 victory over Baseball Academy Canada. Bryce Jorgenson collected 3 RBIs, as seven Century hitters drove in at least one run.

Century finished the tournament with a 6-5 record. Not a great tournament, but they finished on a four-game winning streak. The Wood Ducks now have a 10-7 record on the 2017 Spring Campaign and are ready for the journey to Greeneville, Tennessee for this year's Division III World Series.

Century Coach Dwight Kotila was satisfied with the way his team played in the tournament. "Overall I think the trip was very good." Kotila also stressed the importance of the trip for his team. "It's a chance for the team to get together and learn a lot about our team not only on the field, but off the field and allows guys to get to know each other a lot more."

Kotila explained why it was important that Century played the teams that they did. "It's the competition we play.

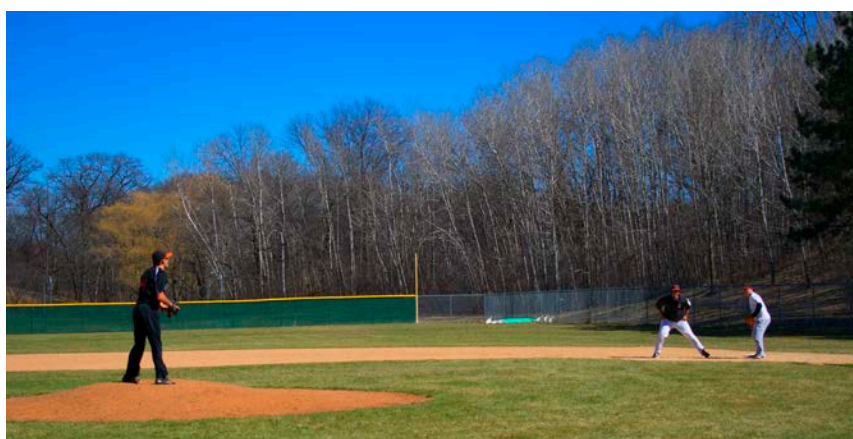
We're playing some of the top ranked colleges in the nation, so it's a chance for us to see what to work on and how we're going to fare the rest of the year."

This tournament has a lot of positives for the Century Baseball team to take away from this that will help them throughout the rest of the season. It helps them to grow and become closer as a team. A closer team will lead to positive energy and support if difficult situations happen during the season.

Getting a feel for where the team is at against other high level schools is important. Kotila explained that a lot of the teams that they played will most likely be at the World Series this year, so getting a chance to see how well they play can help down the road.

Overall this was a great opportunity for the Wood Ducks to have fun as a team, as well as play great opponents in a fun environment. Between now and May, the Ducks will find out a lot about their team and the rest of the season will test their will and fight to play together.

If everything goes in their favor, Century will be playing in Greeneville, Tennessee in late May for a chance to win the school's first Division III World Series title.



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