



Anxiety

Addiction

ADHD

Depression

OCD

THE INVISIBLE BATTLE

TABLE OF CONTENTS

Featured Stories

The Future is Electric cars	5
Middle and High School Students Introduced to STEM Field	6
How to Plan a Vacation	10
Career Pathway Days	11
Mental Health: Let's Talk About It	12
Century ADHD Event	13
OCD and OCPD	14
Anxiety	16
Depression: Awareness and Coping	18
Drug Epidemics and America	20
Century Baseball	22
Flight or Fly with Me	25
The Medallion Clue #1	28

Student Submissions

His Eyes Never Lied to Me	23
Finding Hope	26
Not My Cup of Anxiety	27
To Whom It May Concern	30

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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

LGBTQ CENTER

Fast Facts...Did you know?!

LGBTQIA2S+ STANDS FOR LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, INTERSEX, ASEXUAL, TWO-SPIRIT, AND OTHER MARGINALIZED PERSONS.

-  Century College is the first 2 year College that has an LGBTQ Center
-  LGBTQ Center hosts FREE monthly programming that are open to all students and staff, including Soup, Gender, and Sexuality, Coming Out Week, and Brave Space Trainings.
-  Century College has a preferred name policy.
-  We have multiple gender inclusive restrooms available across both campuses.
-  LGBTQ Center is a safe space and resource center for all Century College Communities.
-  Everyone is welcome to the LGBTQ Center, that includes Allies too.

**Stop by the LGBTQ Center today, W1216.
Please contact Max for more information.
Email: maxwell.poessneck@century.edu**



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Don't forget to join the Pump N Duck Club!

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STRENGTH RECORDS					
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MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST
CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5
PULL-UP		PUSH-UP		100-FLOOR	
MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST	ALL-TIME BEST
CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5	CURRENT TOP 5

Exercise for Success!

THE FUTURE IS ELECTRIC CARS

Aaron Tweden | Staff Writer
Ker Moua | Photographer

Century College just got its first electric car charging station, and it's located over on East Campus on the south side of the science building. Electric cars are currently being developed and sold by various car companies, most notably Tesla. The charging stations were part of a grant project by Xcel Energy.

During the day, the nearby solar panels power the station and by night, they use the grid to power them. The fact that the station uses solar panels to power vehicles during the day is twice as good.

The charging stations are being used a lot right now. They operate on a first come first serve basis. All they ask that after students are done charging, they move their vehicles, so others can use it.

If one has an electric car, one should go check out the station, and hopefully there will be a chance to use it. It's likely the school will install more of these stations in the future.

Electric cars have very little operating costs while gas powered cars cost gas to fill up and they send CO₂ into our atmosphere. Scott Randall, the professor of Solar Energy, gave several reasons why he owns an electric vehicle. They reduce one's carbon footprint. They cost less and have less maintenance and downtime issues. The heaters work fast in the winter since

they don't need the engine to be hot. They charge up in one's house, and they are quiet. And the most important? They are fast and fun.

The charging stations are being used a lot right now. They operate on a first come first serve basis. All they ask that after students are done charging, they move their vehicles, so others can use it.

In the next five years, the school expects about 500 electric cars on the campus. To compensate, Randall thinks the school will need a significant amount of charging stations to make sure the student body needs are met.

Over all, it's an important thing that Century College got its first charging station. As electric vehicles become more prevalent, the stations will become a more important part of our lives.



MIDDLE AND HIGH SCHOOL STUDENTS INTRODUCED TO STEM FIELD

Emma Barnes | Staff Writer & Photographer

On Thursday, February 22, 2018, Century College hosted an event inviting area middle and high schoolers to learn about the thriving field of science, technology, engineering, and mathematics. Featuring Century alumni guest speakers and a multitude of engaging activities, the STEM Showcase sought to inspire young students to enter this rapidly expanding area of work.

President Angelia Millender kicked off the event with a warm welcome into the college and an introduction to the

STEM field. Millender seemed to garner the most interest from students when she highlighted that “STEM workers can earn lots of money: on average, earning 29% more than non-STEM workers.”

After the introduction at Lincoln Mall, students participated in a “Breakout Session” and could choose a class in the categories of Science, Technology, or Manufacturing. In the Digital Fabrication Laboratory, or Fab Lab for short, students were able to see projects and creations made by Century’s own engineering students.

In addition to learning about the types of projects that can be made in the Fab Lab, students could also hear the experiences of those currently in Century’s engineering program and how it has helped them.

For five-year Century student Kyle Trepanier, the STEM program and the Fab Lab have greatly helped him in both his school studies and in getting a job. He cites his involvement in the Fab Lab as the reason he was able to get a job in just four days and adds that “it really helps you learn the skills that you’re learning in class.”

Another student presenter,



Rahim Salem, taught visiting students about projects he has made with the Fab Lab equipment. He speaks highly of the program, emphasizing that “whatever you can imagine, you can apply it.”

Once the first Breakout Session concluded, students were ushered back into Lincoln Mall for a panel discussion with five Century College alumni. The panelists encouraged students to take many types of classes to find what they love and what they’re good at; which could be completely different from what they had started out pursuing.

The overarching statement was that STEM is a quickly growing field of work that can offer many benefits. Century College is an excellent first step in reaching personal goals of transferring to a four-year university or entering the workforce.

Hopefully, through this experience, these local middle and high school students will have a higher appreciation and understanding of work in the STEM field.



[illegible]

..... The Human Being Project:

How does education make you a better human being?*



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HOW TO PLAN A VACATION:

Sara Romanoski | Managing Editor

Are you tired of scrolling through Instagram and seeing other people's pictures of breathtaking sunsets and white sandy beaches? What about reading your friends' blog posts about their adventures while studying abroad? Do you wish you could head to Vegas for the weekend or backpack through Europe, but look at your bank account and settle for a road trip to Grandma's house in Boise instead?

College students aren't exactly known for having tons of extra cash laying around, but that doesn't mean that seeing the world is completely out of reach. With the right planning tools, plus some tips and tricks to booking a vacation, a getaway could be more possible than you think!

With so many places to go, it can be difficult to know where to start. Here are some things to think about when deciding your destination:

1. Do you want to travel domestically or internationally?
2. Is the climate important to you? If so,

what type of weather are you looking for?

3. Do you prefer cities, beaches, mountains, or the open road?
4. Are there certain activities you are interested in, such as hiking, skiing, scuba diving, or nightlife?

Once you've narrowed down the type of vacation you are looking for, it's time to start finding specific locations. This is the fun part; just go online, and start looking until you know where you'd like to go. You may want to view travel blogs, cruise line websites, or a state or country's tourist information website. Even Google search or Pinterest can be good places to start. Find somewhere that interests you and start researching!

Now that you've decided where you'd like to go, there are a few more things to think about before booking your trip:

1. How will you get there? Flying? Driving? Train?
2. Where do you want to stay? Hotel? Camper? Bed and Breakfast?
3. What type of transportation will you need or want? Car? Subway? Biking?

Making reservations and travel plans can be confusing, and you'll need to make sure you're thorough. At this point in your planning, you'll want to start comparing prices to ensure you're traveling in the most cost-effective way. If you are flying somewhere either domestically or internationally, there are certain things that are unique to this type of travel. During the booking process, remember to:

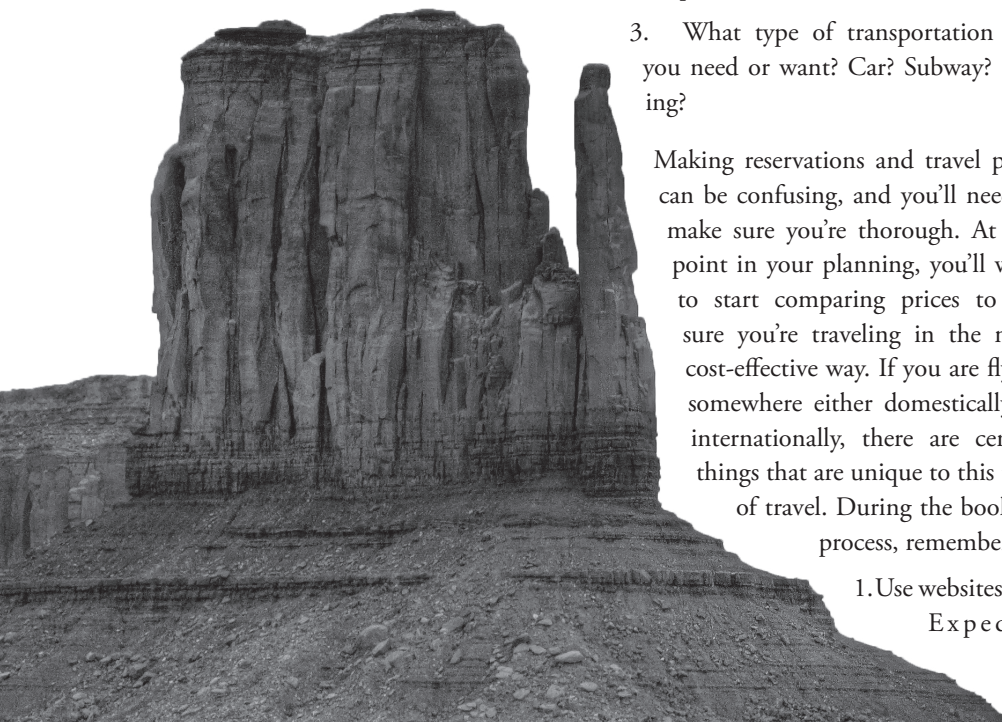
1. Use websites like Expedia,

Priceline, Travelocity, or Hotwire to make reservations. Bundling is a great way to save money, and websites often have specials running that offer free hotels, flights, or car rentals if you book everything in one place.

2. Be sure to read the fine print before you finalize purchases. You'll want to know exactly what you are getting with no surprises when you get to the airport or hotel.
3. Schedule flights at a time that makes the most sense with the rest of your itinerary. For instance, if your flight arrives at 11:00 a.m., but hotel check in isn't until 4:00 p.m., you've got a large part of the day you'll have to fill in a place that you likely have never been to. So, keep that in mind when choosing the time of your flight.

If you are taking a road trip, making travel plans differs significantly from a flight travel plan. Depending on the length of the drive, you will likely need to stop at a hotel, campsite, or other type of lodging for at least one night. Sure, if you like adventure, you could drive until you feel like stopping, but it can be helpful to have planned stopping points, with accommodations already booked, rather than driving until you can find somewhere with a vacancy. Here are things to consider if you're hitting the road:

1. Think about the condition of your car, the gas mileage, and space available. If you need more room, or don't want to put excessive miles on your car, renting a vehicle is an option, and it can be done at a fairly reasonable price. If you choose to go this route, make sure the option you are paying for allows unlimited miles, and allows for the car to be taken out of state.



Credit: "dignity" by Wolfgang Staudt via flicker, used under CC BY-NC 2.0

Tips and Tricks for Traveling on a College Student's Budget

2. Use Google Maps to determine which route you will take to get to your destination. There are probably several options that differ in the number of miles or trip duration; obviously choosing the route with shorter mileage will allow for gas savings.
3. When you know which route you're taking, think about how long you want to be on the road each day. Perhaps you're driving with a car full of friends who will all take turns driving, allowing you to go further each day. But if you're only with one other person, stopping before fatigue sets in is important.
4. Once the route and length of time on the road each day has been determined, start looking for good places to stop for the night. For instance, if you're traveling from the Twin Cities to California and want to stop after eight hours of driving, you'll notice that Grand Island, Nebraska is approximately eight hours away. It would be a good place to start looking for lodging. Continue the process again for the next day of travel and so forth. If you have planned stopping points, with reservations already made, the driving part of the trip can be much more about having fun and less about trying to find somewhere to rest.

With both air and ground travel, it is a good idea to find activities you're interested in and set up a strict itinerary or a loose guide of your day depending on your travel style. If you have some ideas of what you would like to do, using Groupon is a good way to purchase passes or tickets ahead of time for a discounted price. When it comes to planning an itinerary, it's important to remember to budget a little extra time for unexpected delays in travel, or maybe you just want to stay longer at a certain attraction. Being slightly flexible with a schedule helps take the stress out of your vacation!

If you're thinking that planning a vacation is sounding a little easier, but still don't think you can afford it, here are 25 tips on ways to save money and cut back on expenses for your trip:

1. Book your hotel, car, and flight on the same website for bundled savings packages.
2. Use Groupon to purchase discounted passes or tickets for activities and events prior to your vacation.
3. Put a small amount of money from each paycheck into a savings account on the day you get paid so you aren't tempted to spend it.
4. Pick up some extra cash by taking surveys for Swagbucks.com. Have the money transferred into a PayPal account, or use it to purchase gift cards for airlines, gas stations, or restaurants. Spend a few minutes each day on Swagbucks, and the earnings will add up fast!
5. Use money saving apps like Ibotta to earn money back on everyday purchases you make. Again, have the money transferred into a PayPal account, or use it to purchase gift cards.
6. Get more people involved in your travel plans. Hotel rooms and gas split between several people is a great way to save money.
7. Think about using hostels, Air B&B, or smaller hotels for cheaper room rates.
8. Start watching your spending before you go. Not just on your trip. Eating meals at home versus eating out is a way to save some major cash that could be put into your savings.
9. Sign up for travel websites like Airfare Watchdog, Sky Scanner,

Continued on page 10 >



Tips and Tricks for Traveling

Continued from How to Plan a Vacation

- Expedia, Groupon, and Living Social. You'll be alerted when airlines or hotels are having sales, and can even set up notifications to be alerted when a flight to your specific destination goes up or down in price.
10. Book travel on Tuesday or Wednesday afternoons for the best prices. Avoid Friday or Saturday bookings as prices go up on the weekends.
 11. Consider being flexible with travel dates; many airlines offer cheaper rates if you can adjust your schedule to travel on less busy days.
 12. Leaving on Thursday and returning on Monday can allow for deep discounts on travel.
 13. When booking, check if the website offers discounts for AAA, military members, or students.
 14. Clear your search history often while searching for flights or accommodations. If a website knows you've been viewing flights to Orlando for several weeks, they sometimes raise prices, so clearing your history can give you a fresh start and cheaper fares.
 15. Join online travel groups to get information or tips for traveling to your specific location. Locals tend to be very helpful on these websites, and can provide great insight into unique restaurants or activities.
 16. Pack your own snacks! Going to the grocery store to purchase snacks and drinks for your travels is much cheaper than airport food or stopping at gas stations every few hours.
 17. Consider free entertainment such as museums, beaches, parks, or wandering on foot to find some great photo ops!
 18. Use public transportation, or walk versus taking taxi or Uber.
 19. Take advantage of the continental (free) breakfasts that hotels offer; it's one less meal you'll have to pay for during the day.
 20. Try to avoid staying in hotels on weekends; the rates are much higher than weekdays.
 21. If possible, when you arrive at your destination, go to a local grocery store to stock up on snacks and bottled water that you can carry with you during the day. That way you can avoid stopping at vendors and overpaying.
 22. If you want souvenirs, think about ordering them online instead. For example, instead of buying t-shirts and Mickey Mouse ears at a gift shop at Disney World, purchase them online before you go. It'll save a ton of money!
 23. Consider buying Visa gift cards before your vacation. If you have a budget, this is a great way to stay on track and keep you from overspending. You can spend them pretty much anywhere. You're not racking up large credit card bills since they are prepaid.
 24. If you're flying, try to fit as much as you can into your carry-on bags. If you're able to get around checking a big piece of luggage, it can save you over \$25.
 25. Join loyalty programs to earn points that can be redeemed for discounted or free food, rooms, or flights.

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain

While traveling may seem expensive and out of reach for a college student, there are plenty of ways to save money and still see the world.



CAREER PATHWAY DAYS

Tanita Cronk | Creative Writing Coordinator

Just what is Career Pathways Day all about? Career Pathways Day was designed to help students with transitions and find opportunities to grow. It includes workshops, panels, open houses, and resource fairs that help encourage students to meet with instructors or to seek out appointments with counselors for advising and academic success.

The most recent one included a free book give away, hosted by the Reading and Student Success Center, a keynote speaker, and resource fair. There were a variety of sessions to help students with the transition to a 4-year college, job searching, prepping for graduations, and much more.

This semester, Career Pathways Day was held on Tuesday, February 6, 2018. There were many panels and workshops like “Is COMMUNICATION in your future?” and “Can I actually pay my bills with an ENGL degree?” There were also keynote speaker panels involved with an exhibit that the Century College Library is hosting entitled “Native Voices.”

The communications studies department was first up with their workshop, “Is COMMUNICATION in your future?” This interactive workshop was hosted by Dr. Amanda Olson. Also, in attendance were some of Olson’s colleagues who also teach communication studies here at Century College. They were Rob Jersak in interviewing, Amy Rawson in interpersonal communication, and John Anderl in public speaking.

During the workshop, attendees were encouraged to get up and talk to one another. Attendees also learned what the addition of a communications certificate can do for them. They learn how to become a better community member, learning to build effective and healthy communication relationships, and learning to become a better leader. The professors used many different techniques and

utilized both film and music to help teach these skills.

After a quick snack at the coffee shop, it was time for another workshop, “Can I actually pay my bills with an ENGL degree?” hosted by English professor Steve Anderson. The first thing he talked about is everyone’s favorite topic...grammar. His presentation began with “people fear grammar.”

He talked about how grammar is actually a person’s best friend. Grammar shows bosses that the person knows the basics. Anderson also talked about how every job has its perks and gave many examples on how an English degree can “expose you to stuff you never thought of” and how “it’s going to expand your world.”

This workshop was so fun, engaging, and full of energy that Anderson left the students wanting to run right out and get started on their future careers as English majors. With an English degree, he says a person is “not just a writer.” There are many jobs out there that a person can get with this degree such as copywriter, digital content creator, editor, proofreader, and so much more. And, he says one can even get started right now.

How? By submitting your work to “The Century Times,” finding summer internship programs, start a blog, or offer one’s services to a local organization like a church or volunteer opportunities. One can take a design or photography class to beef up their skills list as well. By looking at organizations one already knows and getting involved, one can begin their career right now.

Last, but definitely not least were the keynote speakers for Native Voices. Panelists, all Native Americans from a variety of tribes, included Eric Miller, a Century College Arts and Science student, Stacy Hammer, a registered dietitian/diabetes program coordina-

tor at Lower Sioux Health Care Center, and Estella LaPointe from Dream of Wild Health.

LaPointe was passionate when talking about the community and that native people should not be ignored. “It’s like being a house and the person who lives there has cancer. And you just ignore them. And you just go on living your life.” This is how she feels native people are being treated. “It’s disrespectful.”

LaPointe says that her organization, Dream of Wild Health, strives to let native youth know that they do matter and that they are resilient. The organization, which is in Hugo, Minnesota, is an intertribal farm that works with youth to grow indigenous plants.

This is what Miller refers to as healing the Earth. “We are stewards,” Miller had to say when teaching native youth about culture and traditions. “If the Earth is poison and you plant the seed there, the seed will be poison too.” He says it is a cycle and only healing will break it.

The panel was hosted by Jane Young of the Century College Library. The panel was there to “address challenges and opportunities of balancing traditional medicine with Western Medicine.” Topics included diet/nutrition, healing of the Earth, resilience, re-education, dental health, mental health, community, and the reclamation of traditions and culture. It was truly an honor to listen to them speak.

If you have a moment, be sure to stop by the Century College Library and visit the Native Voices exhibit for more information. If you are interested in getting involved with Dream of Wild Health, they have volunteer Fridays that will begin on June 9 and also have internship opportunities available.

Image credit: FreeImages.com/Mary Gober

MENTAL HEALTH: LET'S TALK ABOUT IT

Sarah Knieff | Features Editor

Millennials have changed the game on mental health in a way that no other generation has before; we are talking about it on a major scale. People are seeking help more now than ever before and it isn't such a taboo subject anymore.

However, in my own experience the people who are willing to talk about it in everyday life are hard to find. When I went around Century College asking people if they had time to talk about mental health awareness, no one did. I still have found that most are nervous of the idea of talking openly with others on this subject.

Why is mental health such a scary thing to talk about for some?

- It can be very personal
- Feelings of shame or guilt
- Afraid to ask for help
- Worried they might be judged or looked at differently
- Don't want to admit weakness

Mental illnesses can also be very lonely disorders because the sufferer feels like they are the only one going through it. This idea is so far from the truth however. According to the National Alliance on Mental Illness, one in five adults in the U.S. or 43.8 million, experience a mental illness in a given year.

These statistics show that mental illnesses affect almost everyone by them, personally dealing with a disorder, or knowing someone who is. Mental health doesn't have to be a hushed subject, and those who are dealing with a mental illness don't have to go through it alone. I invite you to spark a conversation today with someone you know or even a complete stranger and see where it takes you.

For more information on mental health and certain illnesses continue to the following articles on OCD, anxiety, and depression.

*Disclaimer: The Century Times is not claiming any of the following article represents all people dealing with mental health issues. Mental health is different for every person. The Century Times is trying to educate our student body on these important issues to help others out there dealing with mental health.



Credit: "Leaf Awareness" by A K M Adam via flicker, used under CC BY-NC 2.0

CENTURY ADHD EVENT: UNDERSTANDING AND ENGAGING IT

Kyle O'Connor | Staff Writer
Ramon Varela | Photographer

On Jan. 23, guest speaker Mary Beth Kelley from the Learning Disabilities Association (LDA) of Minnesota presented “Thriving in College with ADHD.” The presentation focused on ways to be successful while living with an attention disorder. It filled the nest with students, staff, and faculty as the presentation consisted of multiple and different focal points that anyone would consider helpful tips for living a life a person is actually in control of. At the same time, Kelley described what it’s like to deal with and successfully manage a life with an attention disorder.

Kelley, herself, is diagnosed with ADHD and incorporated a lot of her own experiences when painting the picture of living with ADHD. “It’s like backing down your driveway only to see your drink falling right off the roof,” Kelley said with a big smile. More importantly, she talked about how to live with it because ADHD isn’t something that can be cured. It’s chronic.

ADHD is a complex disorder with a wide variety of ways it presents itself from person to person and how that affects a person’s day to day lives. ADHD is known as Attention-Deficit/Hyperactivity Disorder. These two separate parts of the disorder, Attention Deficit Disorder, and Hyperactivity, often cause mis-

diagnosis because the spectrum of symptoms between the two are displayed in a variety of ways in each individual case.

Kelley stressed a few major things to those in attendance that were focused on to incorporate in coping with ADHD. Everybody’s dif-

ferent. With that, comes the fact that some things may work for some people but not others. The best thing to do is trying to deal with it in a personalized way. “Find something that works for you,” Kelley stated, “it is a lot of trial and error and mixing and matching and adding things into your life to help deal with an Attention Disorder. Being organized, keeping schedules, and finding the right medication to

suit your own needs are major keys to succeeding with ADHD.”

The later portion of the event incorporated guests from all parts of the Century College community who answered questions and gave some insight from their area of expertise on the topic. The panelists involved were Bruce Hinrichs (Psychology), Kristine Voth (Faculty Counselor, Instructor and TRIO team member), Melissa Traxler (Director of Access Services), and Jesse Mason (Academic Dean). Things covered in the panel included ways college students can be accommodated if they’ve disclosed their learning disability diagnosis by talking to the Access Services Department at Century.

The presentation was done very well. It focused on the idea that yes, ADHD and other attention disorders can be a huge hindrance to have to deal with on a day to day basis, but if you fight for more control over it, it can lead to a very successful life both as a student and as a person.

ADHD is a tool and it can positively impact your life, don’t forget that.

audience member





OCD AND OCPD:

Sarah Knieff | Features Editor

According to Beyond OCD, over five million Americans or approximately 1 in 40 adults suffer with OCD. A study done by Harvard Medical School in 2007 shows that it is highest amongst adults aged 18-29.

The National Institution of Mental Health (NIMH) defines Obsessive-Compulsive Disorder or widely known as OCD as, "... a common, chronic and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and behaviors (compulsions) that he or she feels the urge to repeat over and over."

Contrary to what most Americans believe, OCD is not just about handwashing and having everything in a perfect order.

Just like mental disorders, everyone is unique and different. We all have different talents, hobbies, lifestyles, loved ones, and jobs. OCD is like this too. It affects everyone differently. No two people are affected in the exact same way. However, there are common symptoms that are underlying each person's own way that they are affected by OCD.

There are two main parts to Obsessive-Compulsive Disorder. First, obsessions are repeated intrusive thoughts, but they can also be urges and mental images that produce anxiety. There are many symptoms that can come along in the form of these obsessions.

According to NIMH, common symptoms include:

- Fear of germs and contamination
- Unwanted thoughts about sex, religion, or harm
- Aggressive thoughts towards self and/or others

- The need to have things symmetrical
- Fear of losing control

Next, compulsions are the repetitive behaviors that a person with OCD feels the urge to do in response to the obsessive thoughts. These symptoms can lessen or get worse over time.

According to the website, Everyday Health, common symptoms include:

- Excessive washing and cleaning
- Counting
- Arranging things in a precise way
- Repeated activities such as
 - Body movements like tapping, touching, blinking
- Routines
- Doing things multiple times

People who have experienced abuse and other traumas in their childhood years are at an increased risk for developing symptoms of OCD. Studies also show that people with first circle family members such as a parent, sibling, or child, with OCD are more likely to develop it themselves.

There are many treatments out there to lessen the symptoms of OCD. However, as of right now, there is no known cure. Medication such as serotonin reuptake inhibitors have been found to help those suffering. A type of psychotherapy called cognitive behavior therapy is another form of treatment. The most popular cognitive behavior therapy is exposure and response prevention.

According to the OCD Center of Los Angeles, "[a]ll variations of exposure therapy focus on the same core principle, which is that those suffering from these conditions will experience the greatest reduction in their symptoms by repeatedly doing the very thing that most terrifies them, without responding with any behaviors that are meant to reduce or control their anxiety."

Now being educated on this topic is great as far knowing what the symptoms are and trying to understand the disorder. However all this information is just meaningless words on paper until real stories give life to them.

I had the opportunity to talk with a few students around the Century campus about what it is like for them dealing with OCD. I have compiled some of their experiences to help readers understand beyond the statistics and textbook definitions.

Most of my friends just think that I am really clean or a neat freak. They have no idea I have dealt with this disorder for so long.

"I have habits like washing my hands exactly four times after I touching something that I think was contaminated or singing songs in my head to stop the intrusive thoughts from being too loud, that no one even notices I do. Most of my friends just think that I am really clean

or a neat freak. They have no idea I have dealt with this disorder for so long. My parents didn't even know until I finally broke down and asked for help. I guess I was good at hiding it." -Anonymous

"I see the effects of my OCD play out in many other areas of my life. It plays into anxiety, depression, school, and social scenarios. It can have me constantly



WHAT THEY ARE AND PERSONAL EXPERIENCES

rechecking answers on tests. It makes me question stuff, even more as I continue to think about it. It often does not bring me closer to a conclusion. When I was in grade school my parents helped me get into counseling and services that really made a difference. I probably would be a completely different person if I didn't have wonderful health care services.

Almost all the stereotypes or things portrayed in social media, [on the] internet, etc, are wrong about OCD. What is shown dramatically down plays the problems people face and misrepresents how someone feels and act with [it]. OCD has diversity in how it plays out. The effects are seen in many ways and each provide their own challenges. I do not really feel like many people have a good idea what OCD consists of/general knowledge." - Noah Kriener, The Century Times staff

Another mental disorder similar to OCD is Obsessive-Compulsive Personality Disorder (OCPD), which according to HealthLine is a "personality disorder that's characterized by extreme perfectionism, order, and neatness." Although the two aren't the same, some of the traits are alike. People with OCPD often don't think their behavior is wrong, and that how they do things is the only correct way.

By interviewing an older gentleman with OCPD, The Century Times got an inside look into his life living with this disorder.

Image Credit:
Pattern (broken) by Chris Everett via
flicker, used under CC BY-NC 2.0

1. What habits are involved?

"Above average cleaning and organization. Everything has its place and needs to be clean and put away. Everything has a way that it should be done to optimize efficiency and if you do it differently you're doing it wrong. Little things like double light switches need to be down if the light is off, toilet paper needs to be on so that the paper hangs off the front. I always have warm soapy water in the sink to keep the kitchen clean throughout the day."

2. How do your intrusive thoughts affect your life?

"I can't relax until everything is done and put away. I feel as if everything is in order; other people view me and my family in a better light. I believe I learned this behavior from my mother who cleaned obsessively . . . I get very little sleep and my mind races often from one topic to another."

3. What help have you received?

"I spoke with my general family doctor . . . and [she] told me I mostly likely [had] Obsessive Compulsive Personality, due to the fact that I have control enough to ignore these things that compulses me to do them if I have something more important to do. I took my wife with me to this appointment and I did learn a few things that was bothering my wife that I could work on . . . it might be logical thinking to everyone else but until it was pointed out to me, I just didn't get it."

4. How did the experience go when receiving help?

"I think having a label, OCPD has made it a "real" thing to deal with. I understand myself better and that allows me to step back and reassess the situation. I've learned to let people help me how they can, on their time frame and appreciate [that] help."

5. Any other general comments.

"Step outside yourself and look at how your behavior controls yourself and your life. See how your behavior affects everyone else. Take stock in what's important. Important things that you have to do may be being put off to make time for whatever your compulsion is. Make positive changes."

As one can see, OCD and OCPD are very real mental illnesses that people all around the world are dealing with. It isn't just on TV shows like Monk. These illnesses happen to everyday people living everyday lives. Even though incurable, OCD and OCPD are manageable and with help, people can lead productive and healthy lives.

If this sounds like someone you know or perhaps even sounds like you, don't suffer in silence. There are many resources out there to help one on the right path to a positive and happy life. Look to some of the resources within this article for further information.

*Disclaimer: The Century Times is not claiming this article represents all persons dealing with OCD and OCPD. Mental health is different for every person. The Century Times is trying to educate our student body on these important issues to help others out there dealing with OCD and OCPD.

COPING WITH ANXIETY ISN'T EASY

Vladimir Cruz | Editor-in-Chief

Everyone experiences anxiousness at some point in their life, whether it be from having a highly important exam the next day to having a full-on panic attack out of the blue. Knowing when to seek help can be one of the most important things a person can do to help take control of something that may seem to be controlling them.

It's normal to have anxiety from time to time. Century's own Roland Peckham graduated from Xavier University in Cincinnati, Ohio with a doctorate in clinical psychology. Peckham mentions, "It's normal to have expected anxiety, for example, if you're expecting a child or waiting to get the response from a big school."

The human brain is no doubt the most powerful organ in anyone's body. It has the ability to control the other organs, limbs, breathing patterns, reflexes, etc. simultaneously without a person even knowing it. However, it can sometimes feel like it is working against a person or maybe even out of the person's control.

One day a person may feel invincible and the next day, feel the exact opposite.

A person doesn't have to be diagnosed with a specific anxiety specific disorder to feel these symptoms. In fact, it's perfectly normal to feel them in high stress times in one's life.

"Most people are going to have some sort of high anxiety time in their life, in

fact, everyone does. It's just the even flow of life. It's a normal human experience, even though in may not be comfortable one. It can definitely feel isolating," Peckham adds.

One day out of nowhere, someone might experience sweaty palms, a racing heart-beat, and racing thoughts. It feels like the person is losing control of their body all at once. It's hard to distinguish between a panic attack, stroke, or even a heart attack. All these have very similar symptoms that occur in severe anxiety and panic attacks.

"A panic attack is when someone is sweating, their hearts racing, and pounding to where it almost hurts. A lot of the times you feel nauseous. People start having panicked feeling such as 'am I going crazy or am I going to die?'" Peckham explains.

After experiencing a first episode, a person may be cautious of everything they do and may even be afraid of when the next attack might unexpectedly creep up. For many people, that simple fact may keep them from enjoying their

everyday activities or even leaving the house. People don't want to be embarrassed in public or ask for help when it happens. But in reality, just talking about it openly when experiencing anxiety is a big step in taking control of it.

"It may be scary, or even weird because you don't want everyone freaking out, but it's always better to be safe than sorry," Peckham says. "Just being able to

talk to someone and have someone say 'oh man I feel that too, I hate that feeling' or if you can't just get a thought out of your head. Anxiety can look a lot of different ways."

Chances are that most people have a high probability of experiencing the same symptoms, which can be comforting. Knowing that one is not alone and that there are people that are willing to help makes a big difference.

"Absolutely reach out to loved ones or anyone you're comfortable with and talk to them about it because when you do it's not so isolating, and that in and of its self can have a very strong effect and also buffering effect from it spinning out and getting worse and worse." Peckham adds that anxiety and depression are very similar, and that "some even theorize that they are two heads of the same monster, there is much overlap."

According to Peckham, if it really starts affecting one's life, and if it starts to linger more than it should; it can build up to a more serious anxiety issue. "It's good to reach out to a qualified professional if it's getting out of the ordinary and you want to see where you fall. We have a licensed counselor here (Century College) that you can see.

There are many ways to avoid having any of these symptoms. For example, working out is a great way to relieve stress and help with any anxiety, but if the person uses caffeinated supplements such as pre-workout, it could put the person at risk to triggering it. Peckham indicates that "a lot of pre-workout supplements



There's also a gender difference because of the roles and stereotypes that come with it. Men are way less likely to ask for help for mental health.

have multiple forms of caffeine and they collectively supercharge each other. So, instead of being a $2+2=4$, it's more of a $2+2=6$."

That may not always be the case. Not everyone will have those effects. It really comes down to how much caffeine a person's body can take, which varies person to person.

However, Peckham states that if one is feeling the full symptoms of a panic attack, "absolutely call 911 because it's better to have them say that you're ok, than to not call and you're not ok. You could be having small heart attacks and because of that you're damaging more and more of your heart tissue, so that later on down the road you're more at risk for a big heart attack. It may be scary, or even weird because you don't want everyone freaking out, but it's always better to be safe than sorry."

"Once you visited a qualified professional and you figure out it's not any heart problems, but issues with anxiety, you at least know you'll be ok and you can start using techniques to control it," Peckham says.

There are many techniques a person can practice to help deal with any unexpected anxiety, or panic related issues. There are many on the internet that work out for people. One huge helpful technique that Peckham mentions is rhythmic breathing. "Just working on your breathing to slow it and make it rhythmic helps. As you rhythmically breathe in and breathe out you also massage one of the main nerves that are in the back of your spine, and that slow your heart rate down and everything else. It sounds like 'uh yeah check my breathing whatever' but if you do it right there's a mechanical thing that's going to happen that will help."

Peckham adds, "If you know you're going through a work up before and knowing it's a panic attack, you can also use

progressive muscle relaxation where you systematically flex and release your muscles. Again, that's a mechanical thing that will help your body relax."

Peckham recommends that a person practice any technique that works, alone and when they are not actually experiencing anything. The person can easily lose focus in the middle of having anxiety or a panic attack. That way the person can be prepared and can focus on solutions instead of the worries.

Asking for help when having issues with mental health is already hard for most, but sometimes it can be especially hard for veterans.

Peckham mentions that it can be hard transitioning. All of a sudden, veterans have to leave a lifestyle they've grown used to immediately have the environment completely change when coming back home.

"It's a little different if you went through a lifestyle where it's really pressed upon you to be self-reliant and to be resilient. Where you can take anything, and you can do anything, which works great

sometimes, but not when dealing with depression or anxiety. It's much better to ask for help and not deal with it alone," Peckham explains.

Having that mentality can make it incredibly difficult for some veterans to seek help. "There's certainly a stigma there, but its reducing. The military is working hard to reduce that with people in active duty and people coming out," Peckham acknowledges.

If one is a veteran and dealing with any sort of mental health issues, there are many services one can visit. If it is service related, Peckham recommends going to the veteran's affairs hospital.

Mental health is a very real and serious issue in the United States, especially among students. Century College has resources to help. So, please do not hesitate to ask for help when in need.

Peckham leaves off on a powerful note, emphasizing that "if you're armed with the knowledge, you're already starting to take steps to controlling it."



Credit: Photo by Bruno Nascimento on Unsplash

DEPRESSION: AWARENESS AND COPING

Gwenita Hairston | Staff Writer

What is depression and what causes it

Depression is a very complex disease. No one knows exactly what causes it. Depression can occur in one's life for a variety of reasons. Depression can be a life changing disorder. Depression affects people on a daily basis and it affects almost every aspect of a person's life. It can change a person's mood, personality, and their outlook on life.

A person can have an onset of depression during a serious illness, major life changes, or have a family history of depression. Depression can also arise from experiencing traumatic events in your life, or by having some type of substance abuse or addiction.

According to WebMd.com, depression is defined as a state of intense sadness or despair that progresses to a level that is troublesome to an individual's social functioning and basic daily living.

There are many people that live with it and don't know it. They may have never been screened for it. They may have never questioned why they feel the way they do, and just thought it was normal. There may be cultural reasons as to why they haven't looked into it.

It is important that students are aware of depression, its symptoms, and causes as it can be helpful to them. Here are some symptoms of depression listed below.

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless
- Having trouble falling or staying asleep
- No appetite or overeating
- Trouble concentrating on things such as reading or watching TV

For those people, there is light at the end of the tunnel! There is no magical cure but one can feel better. It won't be in hours but a person can start to feel a difference in a matter of weeks.

Types of depression

- Major Depression - This is one of the most common types of depression. A person may have this type if they feel depressed five out of seven days of the week and it can last for two weeks or more.
- Persistent Depressive Disorder - This type of depression is diagnosed after a person has been diagnosed with major depression and it has been consistent over the course of two years.
- Bipolar disorder/manic depression - A person with this form of depression has mood episodes where they have very high energy or very low energy for periods of time. Manic comes from the high bouts of energy. People with this form of depression can seem very irrational and impulsive when they are in a manic state. When they are not in a manic state that is when they seem normal.
- Seasonal affective disorder - This is a period of major depression that most often happens during the winter months. People who have this type of depression are usually fine throughout the rest of the year. This type of depression happens because there are

shorter days and less sunlight during the winter months. Luckily for those who suffer from this, it has a very easy fix that requires no medication. Patients are given light therapy.

Confused? Light therapy has special lights that are bright like the sun and a person sits in front of this lamp for 15 to 20 minutes each day. It makes them feel better. Isn't it bad that they all aren't that easy to cure?

- Psychotic depression - People who suffer from this have hallucinations, can be delusional, and very paranoid. People with this form of depression are more likely to hurt themselves or others when they are in a psychosis state.
- Peripartum/postpartum depression - Woman who have recently given birth can experience this type of depression. It doesn't have to have an onset right away. Sometimes it may take weeks or even months for onset to occur.
- Premenstrual dysphoric disorder - Woman who experience this type of depression usually have onset of it around the time of their monthly cycle. Once their cycle is over they feel better.
- Situational depression - This type of depression isn't common. What causes its onset is being under a lot of stress or major life changing events, such as a family member's death or a divorce. A person with this type of depression typically doesn't need medication. They typically talk to a therapist or to work through and help sort out their problems.
- Atypical depression - It is different from regular types of depression. For most of the other depressions, the person is always sad. There is little or nothing that can change that mood or sadness. With atypical depression, a positive event or multiple positive events can temporarily improve a person's mood. They are actually able to enjoy something. The symptoms from this type of depression are a little different from the rest. They are increased appetite, sleeping more than usual, feeling of heaviness in one's legs and arms, and being overly sensitive to criticism.

Coping with depression

There are many ways to cope with depression and still live a normal life without the use of medication. Here are some suggestions.

- Consistency - Have some type of routine that doesn't change every day.
- Staying active - Have plenty of things to do so that one doesn't have time to sit around and get lost in one's thoughts.
- Exercising - It could be as simple as going for a walk daily or going to the gym for an hour out of one's day. Don't have the money to get a gym membership? That's fine. There is an exercise room here in Century College. It is located next to the gym on the first-floor west campus.
- Music - Listening to music can help slow your thoughts and clear one's mind.
- Meditation - Deep breathing and relaxation on a regular basis slows one's thoughts, helps focus, and relieves stress



Credit: "Meditation" by Sebastien Wiertz via flicker, used under CC BY-NC 2.0

- Self-motivation - This can be very powerful. Speaking positive quotes and sayings on a daily basis can help change one's thought pattern. Saying daily affirmations and believing them can change one's outlook on life.

There are also things in your daily life that can hinder coping mechanisms which are;

- Lack of Sleep - Not getting enough sleep can leave a person irritable and moody. It can also cause a person to have a lack of concentration
- Nutrition - Not eating the proper foods and always eating on the run can play a major role in the way a person's hormones become unbalanced. Eat healthy meals with lots of fruits and vegetables. Fruits have glucose in them. These are natural sugars that a person's body needs. When a person's glucose levels are low, their attitude and mood can change drastically
- Hydration - Not drinking enough fluids, preferably water, is not good for any one. It makes the whole body have to work harder with less.

If some of these things apply to you, and you have been experiencing multiple symptoms for two weeks or more, please talk to someone.

Century College is Here to Help

Everybody knows being a college student can be very stressful. Trying to balance school, work, and life in general can be draining. Thank goodness, Century College understands that. They have many resources available for students that are feeling stressed out, overwhelmed, or even depressed.

Networking and making friends with classmates as a student is one of the best things or choices a student can make. Having an extra outlet can become very helpful and rewarding throughout one's time here. It is always good to have some type of safety net. There are staff members in places outside of a student's normal life, willing to be there to help.

Students can find help in their professors and faculty. There is a counselor/therapist located in the Counseling and Advisor Office on west campus. Her name is Crystal DeKam and is available by appointment. There is also a doctor in the Nurses Office, which is located in the east campus.

The Resource and Support Center also has a variety of things they can help with or give referrals to. Professor Michele Jersak runs the Resource and Support Center. Carla Coates, a student staff member working in the center, is very helpful and can point students in the right direction. The center is located on the first floor of west campus by the exercise room in room W1490.

Century College is not just a school. It is a safe haven with multiple resources for its students. The professors and advisors at Century College want their students to succeed.

If you are not comfortable with talking with someone at school please see your primary physician.

So, please take care of yourselves and pay attention to what your body may be telling you. Here at Century College, we are a mix of cultures, religions, nationalities, and race. That is what makes us so great. Don't let anything or anyone slow you down or stop you from achieving your dreams.

DRUG EPIDEMICS AND AMERICA

Aaron Tweden | Staff Writer

According to the CDC, opioid deaths in 2016 totaled 42,249. That's a 500 percent increase in opioid related deaths since 1999. There has been an out pouring of money and pleas to do something about it. Drug companies are largely responsible for the epidemic. Celine Gounder, from The New Yorker, eloquently argues that drug companies pushed misleading narratives about what the opioids did and convinced doctors to prescribe them more aggressively.

There was a similar epidemic, the crack epidemic, in the 1970s through the late 90s. While less in mortality, it effected a large portion of people, mostly inner-city African Americans. The response to the crisis was to punish the people afflicted with addiction. The Associated Press reported that during the 1980s, the CIA was carrying out secret missions that helped facilitate the flow of crack into America. The mostly black intercity population was left with fewer jobs as more companies moved their factories overseas, forcing that population in a box with drugs and no hope.

In the 1980s and 90s, instead of helping the struggling African America population with their addiction, policy makers in America got "tough on crime." Tough on crime rhetoric started to crop up in the 1960s, often with thinly veiled racial and social slurs.

In 1986, congress passed its first mandatory minimum sentencing law, the Anti-Drug Abuse Act of 1986. It was on the amount of cocaine someone had on them, but the law had much harsher sentences for crack cocaine. African Americans were far more likely to carry crack cocaine, while white Americans were more likely to carry powdered co-

caine. The ACLU states that after four years of this law being on the books, the average drug sentence for African Americans went from 11 percent to 49 percent higher than whites.

The tough on crime rhetoric was so effective, it ushered in an age of mandatory minimums and one chance policies. People addicted to drugs were labeled criminals, so they were treated like criminals. All of this cumulated in the black American population suffering greatly at the hands of crack cocaine and the punishments the came with it. Those addicted to drugs deserve and need compassion, treatment, and support. Drug addiction is a disease, a mental illness, and a scourge on society.

The opioids crisis has its roots in the early 2000s. According to Gounder, drug companies, looking to make money, falsely provided evidence that opioids were safer than originally thought and effective for all circumstances, and they convinced doctors to prescribe them. Gounder says that "between 1999 and 2010, sales of these 'opioid analgesics'-medications like Vicodin, Percocet, and OxyContin-quadrupled." Gounder also states that "by 2010, the United States, with about five per cent of the world's population, was consuming ninety-nine per cent of the world's hydrocodone (the narcotic in Vicodin), along with eighty per cent of oxycodone (in Percocet and OxyContin), and sixty-five per cent of hydromorphone (in Dilaudid)." This makes the opioid crisis one of the largest drug epidemics in US history.

Nora D. Volkow, MD at a Senate Caucus on International Narcotics Control hearing in May 14, 2014 indicates that there is a relationship between opioids and

heroin abuse as heroin, also an opioid, "is cheaper and in some communities easier to obtain than prescription opioids." Average people who get into car accidents, have surgery, or suffer from severe pain get prescribed pain killers from the opioid family. After taking the pain killers for months, they get taken off the pills. By that time, they are addicted and there is a chance that people will turn to street heroin to cope with the pain and to keep up with the chemical dependency they might have developed. Volkow says the number of heroin users in the US between 2005 and 2012 doubled from 380,000 to 670,000.

The reaction by the public and by our elected officials to the opioid epidemic has been vastly different than the reaction to the crack epidemic. The response has been an out pouring of faith: money has been raised, money has been made available by our government, and police officers carry drugs to save overdose victims. Our courts have been sending people to rehab, not to jail. The victims of the opioid crisis are being shown the compassion they need by our government, by the people, and by our police force.

The major difference between the opioid epidemic and the crack epidemic is that one was caused by the over prescribing of dangerous drugs and the other was a by product of being walled off in the inner-city with no jobs and only drugs. Both groups legally speaking, broke the law, but the opioid addicts have been met with compassion and help from people and lawmakers. The mostly black American population suffering from the crack epidemic were thrown in jail, sentenced to lengthy jail terms, and were otherwise treated as criminals. Both

groups were suffering from drug addiction. One group was white and met with compassion, while the other group was black and met with police.

The difference in the punishment received has a lot to do with society and how humans perceive other humans. People who look alike have a stronger emotional reaction to each other. When you see someone in pain your brain imagines you're in that pain. That's how we empathize with other humans.

It's harder to empathize with people who do not look like you. Society and the system we live in compound that nature. Slavery and black oppression will always loom in our past and present. The society we live in has had to cope with these realities in its entire existence.

Drug addiction is a disease of the mind that will morph into a chemical dependency. It needs to be treated like the disease it is. It shouldn't matter what race the victim is. It doesn't matter how the addiction started either by being an over prescribed dangerous pain killers or by falling into a state of despair where escape is the only goal.

It is an enormous mistake that America has gone down the path of "tough on crime" because it ended up being tough on black Americans. These addicts were as much the victims as today's opioids addicts are. We are all humans. We all deserve to be treated as such.

We live in the middle of the largest drug epidemic in American history, but we live in the shadow of another. The mistakes made during the crack epidemic have shaped the country we live in today. Our country can't afford another war on drugs. You can't treat addiction by shoving everyone in jail. It is an illness that needs to be treated by doctors and psychologists. It's time to get these humans the help they need and deserve. It doesn't matter the color of their skin nor the circumstances of their addiction. All that matters is they need help.

Mental Health Resources

Century College Counseling

West Campus Room 2410
651-779-3285

Washington County Adult Mental Health and Crisis Counseling

7066 Stillwater Boulevard North Oakdale, MN 55128
651-777-5222

Centerlife Counseling

7039 20th Ave. S. Centerville
651-288-0332

Connection Counseling

15252 W. Freeway Drive, Suite 1 Forest Lake
651-304-7667

Face to Face

1165 Arcade St, St Paul, MN 55106
651-772-5555

Reclaim

3217 Hennepin Ave Minneapolis, MN
612-235-7643

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Connection 24 Hour Helpline - Twin Cities: 612-379-6363 or 1-866-379-6363

CENTURY BASEBALL 2018 SEASON PREVIEW

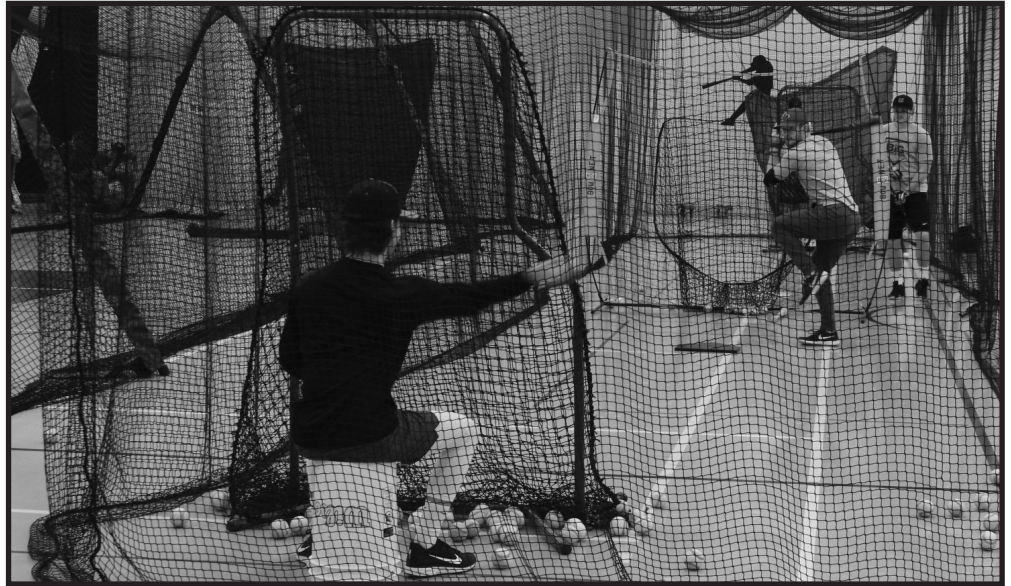
Tony Harringer | Staff Writer and Photographer

With the temperature starting to rise, increasing from below zero to a manageable temperature in the tens, that can only mean one thing. Century baseball is back and ready to continue its success from last season into the 2018 campaign.

Last season, the Wood Ducks finished with an impressive 35-14 record, as well as winning their District Championship. They even got a trip to the 2017 NJCAA World Series, where they came within three victories of winning it all, but were defeated by Niagara County 10-5 in a Quarterfinal matchup.

When talking to Coach Dwight Kotila about the past season, he expects big things from his players this season. "Our goal every year as a program is to make it back to the World Series."

This upcoming season's team will have 11 returning players from last year and 19 new players, which Kotila is excited to see. "A lot of our returning players are some of our main players from last year and we have some very talented new players here this year, so the team looks pretty promising."



On top of a goal of a National Championship, Kotila stresses the importance of his players continuing to develop. "We want our players to keep developing and our goal every year is to get our second-year players scholarships to top four-year schools and have a chance to move on and play for universities with top baseball programs."

Similar to the beginning of last year's season, Century will open its season with a two-game series at U.S. Bank Stadium. On March 1, they will play a two-game series against Dakota County Tech College at 6 a.m. and then they're back at "the Bank" on March 5 for a two-game series against Oakton Community College from Illinois at 9 p.m.

During spring break, Century will also be traveling to Winterhaven, Florida for the RussMatt Tournament, which is an annual baseball tournament where some of the best teams across the country come to play against

each other. The Wood Ducks will be playing roughly 13 games there between March 8 and 15.

Then for the second half of their campaign, Century will be traveling across the Midwest to play teams in Illinois, Iowa, and North Dakota. A big stretch for them is between April 20 and May 1 where they will have 12 straight home games, which gives them a great chance to come away with a handful of wins. Century posted a record of 18-3 last year when playing at home, and they hope to continue that success into this season.

As the start of the season gets closer and closer, the Wood Ducks are looking more locked in and ready to get back to the World Series. No season is ever easy, and this one will definitely test them as a team. But if they can play great baseball consistently and get contributions from their young and promising players, Century College will be a dangerous team and might just find themselves battling for their main goal as a team come this May...a National Championship.



HIS EYES NEVER LIED TO ME

Lisa Dowdle | Contributing Poet

He'd weave together stories at the foot of my bed
his only objective was to lull me to sleep
Fairytale, twisted and bent beyond recognition
Princesses scoffed at the idea that only a man's hand could
relieve them of their troubles
His favorite, the infamous Gladys-
She climbed Mount Everest,
won the Olympics in gymnastics,
discovered a cure for cancer.
His bushy eyebrows would crinkle and fold over as he relived her tales,
chestnut eyes scanning the star-covered ceiling for inspiration.
She could- and did- do anything.
Sometimes Gladys was in over her head.
She would shrink herself too small,
accidentally become invisible,
fly away too high in a hot air balloon.
But her father had long ago showed her the collection of antidotes
beneath
the kitchen sink.
And if those weren't enough, she could rely on his help without consequence.
He never told the same story twice (he probably couldn't have, even if he'd wanted to)
As I got older, the stories became shorter
and shorter
and shorter still
Until they were no more.
I didn't need to hear his soothing rambles to fall asleep anymore.
We graduated to a kiss on the cheek, a recital of our family mantra-
"Sleep tight, don't let the bedbugs bite"-
until that too faded away.
I read myself stories and tucked myself in,
foolishly waving away the remnants of my childhood.
But when I laid there, unable to sleep,
it was Gladys' saga running through my mind that eventually led me to dreaming



Photo credit: Aaron Burden on Unsplash



FLIGHT OR FLY WITH ME

Noah Kriener | Staff Writer

Flight from the world
Flight from the problems of life
Flight so that you may leave all the grounded people behind
Flight from the binds and constrictions of the mind
And of the soul
What is flight
is it only natural that I am meant to leave the tattered people behind?
is it to escape?
or is it just simply, growth in yourself
as you seek your self
Planting the seeds for freedom that will be one day achieved
So, you too may inhabit in sense
the strength and the way trees continuously embrace the sky
For I have been shaped from a fleeting memory of a girl who once was
but in her time, she too became like the trees
Reaching for something higher, for something greater
Before She fell, crashing to the ground
Even the sturdy and well-kept oaks are powerless in their fate
They may stand as the worlds around them go to war
As the civilizations fall and rise again
But just as the tree may not escape
both will be played by the same cruel fate
Waiting for the day someone strong enough,
a wind harsh enough to deliver them peace
or
In the very least, to be consumed in a fire
For if the explosive and destructive forces became drawn to her
Seeking out her remaining hopes
and they were met by the pull of an equal but opposite energy
Even the lightning and thunder
would be wise to quickly recognize the girl's unique strength
She was more mighty and benevolent than her surroundings
But before she could reach her full flight
Before she rose above the space in the sky that lightning can no longer reach
at a height, that she can be no longer be touched
miles above the trails of stars
The powerful force of fate, sadly
Finally allowed something to take hold of her
It burned her, it overwhelmed her,
surging currents blowing past any of the girl's last chance of resistance.
The girl's ability to flood the world with light has passed
Leaving a dim glow in its place
And now at least someone knows



Photo credit: Ashley Benert



Photo credit: Ron Smith on Unsplash

FINDING HOPE

Rolando Mero | Contributing Poet

Withered in pain
darkness filled this young boy
never to know there was so much pain to follow
life.

Lessons learned without understanding.

Felt chained
alone
in a dark room
the emptiness filled my heart with loneliness
hopelessness and despair.

No one understood
the pain that I had alone
I wished for death.

With every stroke
I took of
of poison
hoping it to be the last.

Music would comfort me
I would drown with my thoughts
diluting anything that would make sense.

My surroundings were of melancholy.

Almost 2 years have passed
my faith was gone but yet,
one finger touched my shoulder.

It put fear in my soul,
I was shivering.

Now knowing it was a blessing
a hidden light of hope
shined bright in a dream or sight.

We are chosen
something greater
existence
we belong
others suffer alike
we are not alone, fight for your soul.
Be free.

NOT MY CUP OF ANXIETY

Ollie Kalthoff | Contributing Writer

According to the National Institute of Mental Health, 32 percent of children and 19 percent of adults suffer from a form of anxiety disorder. It is odd that not many people know what it is or how it impacts someone's life. Anxiety is not simply a nervous feeling you get before a test or the worry you feel hoping your cake will turn out fine. Anxiety is a mental disorder that causes people to feel excessive, constant worry, or fear. Sometimes to the point of debilitation, more often than not.

Anxiety can keep a person from doing simple tasks, such as getting out of bed. It has been speculated that this is caused by serotonin, a chemical in your brain that creates feelings of happiness, being slowed down from moving along neurons.

People can also experience an anxiety attack. This is when someone's anxiety causes their heart rate and breathing to speed up within minutes. Sometimes even seconds. Though anxiety, or panic attacks are different for everyone, many people report being short of breath, the tightening of muscles, keeping them from moving, light-headedness, sweating, shaking, depersonalization, and fear that their situation will only worsen dramatically.

The Anxiety and Depression Association of America says that though, it has taken many years of research, scientists and therapists have concluded that anxiety is primarily passed down through genes. Many people with anxiety get it from either their parents or their grandparents. There are a few cases in which some have developed anxiety from just the right combination of their personality, environment, and character. Anxiety usually shows up around mid to late childhood and stays through adulthood.

Anxiety, much like any other mental

disorder, cannot usually be self-diagnosed. One must go to either a doctor, a therapist, a psychologist, or a sociologist. However, there are symptoms that many people with anxiety have identified. People with anxiety tend to feel on edge, have a sense of impending danger, have a higher heart rate, take quick, short breaths, have trouble sleeping, and struggle to focus on anything other than their current fear. These struggles are often uncontrollable and dominate the person's thinking and day to day life.

Anxiety can be a lot to handle all by oneself. It usually never truly goes away, but there are ways to combat anxiety. The most effective and recommended way is to get a therapist. A therapist is a licensed professional that can offer an unbiased point of view and a helping hand. No matter what the issue may be. That therapist might refer the patient to a psychiatrist, who can prescribe medications to help with the anxiety.

Aside from therapists and psychiatrists, there are other ways to fight anxiety. There are options such as therapy pets which are trained animals to help increase serotonin. Another is the happiness drug for one's body. One could also buy a weighted blanket. The plastic pellets in the blanket offer a calming and massage-like sensation that calms the body and creates a sense of safety. For those on a budget, many therapists suggest staying physically active to increase serotonin levels and meditation to calm

down and process one's emotions and fears.

To the other 81 percent of the adult population and 68 percent of youth, there are many ways you can help someone with anxiety. It is, first and foremost, important to learn about their anxiety. Everyone experiences anxiety differently. It is important that you learn what triggers their anxiety, what their symptoms are, and what they need you to do to help them best. It is also important to be there for them and be patient. Anxiety is not

walk in the park, and they are trying their hardest to get better.

While it is important to show that you are there for them, it is also important to take care of yourself. Make sure that you are not putting yourself in danger by helping them. While you are helping them, encourage them to seek professional help. You may

Photo credit: Ashley Benert

be doing your best work, but a therapist could help even more.

Anxiety effects thousands of people worldwide. This is a real issue that not many know how to cope with. It is not a term to be used lightly in day to day conversation. Though it may seem like a never-ending pit for those struggling with anxiety, there are ways to feel better. In the words of John Lennon, "Everything will be ok in the end. If it's not ok, it's not the end."



THE MEDALLION CLUE #1

Ker Moua | Lead Copy Editor

Spring comes near and one little antsy devil cannot wait. For TCT's Medallion has vanished once again! Help The Century Times find our lost medallion and receive a fitting reward!

The TCT Medallion Hunt Rules:

Must be a Century College Student

Faculty members are exempt from finding the medallion.

No destruction of school property is allowed.

The medallion can be located on either campus.

Clues will be released at noon each day on our Facebook and TheCenturyTimes.com until the Medallion is found.

The Medallion must be brought to the TCT Office room W1340 and handed to a TCT staff member.

The reward may not be given at the time of delivery, but you will receive your reward.

And the search begins!

Clue #1

Come along fellow friends

Father Winter is fickle

For he is merciful some days

And cruel the next

But Winter's time is numbered

Though, our little medallion thinks it naught

Impatient, is he

To explore the wonders of the world

For he has run off again

To be amongst fellows

He hides once again

Aid us in our search for the little one

In the warmth of an abode

Over the freezing snow

Toss those hats and gloves

Our little medallion is wary of cold

Come noon of the next

Check our Facebook for clues

Our medallion might slip up or two

And a reward, yours to keep



Prizes donated by: Century Foundation, Subway, Donatelli's



SPRING EVENTS

Please join the English Department for these upcoming free events.
Watch for further details prior to each one & hope to see you there!

Thursday, April 12

The Fuzzy and the Techie:

Why Liberal Arts Will Rule the Digital World

Sponsored by the Century College Speaker Series

Author Scott Hartley

11:00 to 12:15 p.m. – Theatre (West)

Thursday, April 12

Liberal Arts Showcase

Featuring English & Creative Writing Activities

11:00 to 3:00 p.m. – Across West Campus

Tuesday, April 17

Visiting Poet

Anders Carlson-Wee, author of *Dynamite*

12:30 to 2:00 p.m. – The Nest (West)

TO WHOM IT MAY CONCERN: A COMPLAINT LETTER TO THE ONE I SEE IN THE MIRROR

Anonymous K | Contributing Writer

December tenth, admittedly not a day most would remember for any reason, and definitely not a day you should remember for one particular reason. But memory works in weird ways, and I understand that it sometimes prevents you from recalling the memory you want to remember. I also understand that what you may want to forget will somehow always find its way back into your periphery. But do you ever wonder if you are torturing yourself, or if this really is subconscious?

There are many factors that play a role in determining what people remember. Among them are how much attention the person is paying, how novel and interesting the experience is, and the kinds of emotions that are evoked. Though, most of these were peaked for you on December tenth, you must be able to move forward. For both of us.

It was 28 degrees at 11:55 p.m. on the ninth as you walked out onto the porch in the snowfall. The ground below your steps *c r u n c h e d* like half stale potato chips as the snow softened and flattened under your feet. The outdoor table, that would double as a bed for the next couple of minutes, hadn't been used for months, and still had a layer of untouched snow to soften the hard wood structure underneath.

You didn't think of the table and its inadequacies. You didn't think about the

chilling temperatures of Minnesota's December. You thought about the hands you were latched onto. The fingers you had been intertwining for years. The naturalness of your bodies gliding together as you sprawled out over the frozen surface of the snow-covered table, as more fell trying to camouflage you in with the surroundings. You thought about your placement, your timing, your love, and how your yearly ritual would fall perfectly into place this time.

You always had this thought to be the first kiss for her new year of life. At 12 a.m. on the tenth, you grabbed her and held on like the table's winter hibernation had weakened the structure of atoms that were bound together by scientific proponents beyond your mental capabilities. As if the deck you sat upon had been precariously perched over a black hole that would inevitably swallow your existence without a tear shed from remorse.



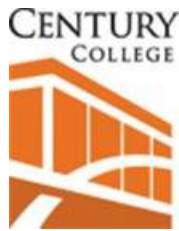
Credit: "Xray image of a human head brain" by paulsvmarsden via flicker, used under CC BY-NC 2.0

in her absence. Would you willfully sign yourself up for these thoughts if you knew what they would do to you today? Wouldn't you agree that it is easier to forget and forgive than it is to hold on to these memories?

Gravity for all intents and purposes is instant. Although, you were never claiming the ability to overcome it, you were still postponing the fall you had so willingly set yourselves up for by grasping onto each other harder than reality had grabbed onto your separating lives.

There are three lessons that you must learn about memory. First, certain brain structures like the hippocampus and the amygdala, the brain's emotion center, specialize in remembering. Second, there are different kinds of memories; the ability to recall facts, personal experiences, and physical skills like riding a bike. Each has its own properties. Third, memory is distinct from the brain's intellectual and perceptual abilities. What you must learn from this is that you had not only fought off your intellectual and perceptual abilities in your endeavor to find the sweetest ways to share your love, but that your thought processes really had no sway over these decisions in the end.

You can't blame yourself for young love. You can't torture yourself with the memories of what used to be, and you can't keep coming back to this dream expecting it won't turn into a nightmare. If you can't recognize that, transient global amnesia is a rare, but enigmatic loss of memory that is sometimes triggered by a stressful event. Find one and jump in.



Century College

Club Basketball Team

Every Spring Century College participates in a Club basketball league in the metro area. The season runs March-April. There are 3-5 teams in the league around the metro area.

- 8 game regular season - 2 game playoff -
- Century jerseys given out during the season -
- 10-12 roster spots -

FREE TO PLAY!

If you are interested in playing,
please contact or call Chris at
chris.yahnke@century.edu
or 651.779.3322



SCHOLARSHIP SEASON IS HERE!



COME GET STARTED ON YOUR SCHOLARSHIP ESSAYS!

ESSAY WRITING HELP
Wednesdays or by appointment:
11:00 AM - 2:00 PM

Do you need help writing essays for scholarship applications?
Stop in the Resource and Support Center (W1490) on Wednesdays
from 11 AM - 2 PM to get assistance.

Resource and Support Center: (651) 747-4098