

# THE CENTURY TIMES

2019 Fall Issue 2



## Is College Worth It?



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# The 25th Annual Putnam Spelling Bee

Ymira Taylor | Staff Writer

Adulting is one of those things that we may at times wish we could hit a button that says “return to sender”. Well if you’re looking for a temporary escape from the mundane of everyday responsibilities, I suggest you checking into the 25th Annual Putnam County Spelling Bee. Whether subpar or sublime, this a play that will leave your day with a more youthful and joyful feeling by its end.

The 25th Annual Putnam County Spelling Bee is a fun filled interactive musical that takes you on the journey of six quirky youths, supervised by three just as eccentric adults, as they compete to be named the Spelling Bee Champ. With fun names, colorful costumes, and phenomenal musicality, the Century College Theater Department has taken this modern-day play and made it their own. That combined with a well-designed stage, a great play on lights, and lots of high-energy created by the entire ensemble, make for a show that could be watched excitedly more than once. I cannot say that I had expected much less after spending the evening before opening night with a few of the cast members.

To kick off my interviews, I began a conversation with Grace Lindbolm who has been with the theater for going on two years and has contributed to this production by way of taking on the role of Stage Manager. “We’re very community based so we have auditions that are open to college students, but they are also open to community members. So, this is very up our alley, very community based, very fun show to do. It is a crowd pleaser, and everyone loves it.” Is the answer I’m given when I asked her why “Putnam”. Of course, with so much adlibbing and improvising, things did not go off without at least one minor hitch. Fortunately, while watching throughout the beautiful ballet dance sequence you cannot even tell that one of the actors had ran into some trouble with a dislocated thumb. Together the cast reveals great showmanship and an authentic chemistry that had formed throughout the coming together of the show. This makes it very apparent to why Lindbolm is able to dote on the them with the statement, “I am very, very proud of this cast. They are so sweet, they are so tight, and they are so bonded.”

After wrapping up with Lindbolm, I was given the opportunity to interview three of the people who bring the characters from the script to the stage. A former high school thespian, besides being able to perform in another musical a couple years back, there was one other thing that keeps Kevin Walsh coming back to the theater. “If you don’t know what the feeling of opening night is, try it. It’s addicting. There’s really no adrenaline feeling like this,” he relays on his feelings about Opening Night, while allowing me a little insight on his thoughts on performing in the current play at hand. Although, from his usual demeanor, Walsh has been cast in the role of an all-American Boy Scout named Chip Tolentino; a



*Photo by Samuel Kripotos*

hormonal pre-teen full of zeal and a slight mean streak, that has returned to the Bee to retain his title. Divulging just a little more detail about the character Walsh states, “He holds himself to a high standard. Thinks he’s Top Dog... Arrogant.” So how do you find common ground with a character that is your opposite? A question Walsh simply answered by reminding us that we weren’t always so mature. Looking to his past self as a self-entitled troublemaker kind of kid, Walsh was able to bring all the goofy charismatic nature that brings Chip to life.

Another fun character who is full of spunk that we are introduced to is Loggaine Schwartzandgrubenniere. Between that name, two dads, and a desire to please, Erin Riley had a character with a lot going on to undertake. Still, Riley was able to bring emotions of understanding to this character, and wanted her to do well. Having such a great understanding of her character, Riley states, “She is the youngest competitor of the bee and she is a very stressed out kid.

She has a lisp, but that does not define her. It’s just something that the audience might recognize me for.” Being an artist at heart, we can see how she was able to connect with and find enjoyment in playing a character who cares and is more involved in trying to bring improvements to the world. Although this is her first acting role on the Century College stage, along with her co-stars, Riley shines on stage with fly colors. Hopefully one day we will also get to see this artist not only color the stage, but also make a great ink stain in the world of paintbrushes.

Marcy Park is a prime example of what an overachiever looks like. That is until she is caught off guard by hearing herself being described as something that, in her opinion, is not exactly an ideal trait. That said, we are soon after met with a song lamenting her desire to rebel against her own competitive nature to always win. Throughout the show she is even graced with a holy visitor to reminds her that she will not be penalized for doing less. Taking on the role of this very pristine catholic schoolgirl is Georgia Reding, who found many reasons to enjoy being a part of this production. Beyond getting to wear a fun and flirty checkered skirt, she states, “I like the audience participation of the show. I like that there is a very much like an ad-libbing, improv aspect of it, and you get like kind of a different performance every night.” Being a veteran of the craft from a young age, now honing them by taking the Theater Degree at Century, Reding gives brings vibrancy to the character of Marcy Park.

Though these are a few of the amazing cast members from the show, there is no shortage of stars when it comes to sharing the stage. The entire cast, including a few good sport audience members, make the show an entertaining event for well... almost the whole family. As they take turns swapping from one role to the next, you are met with plenty of surprises that leave you wanting more. That is unless you’re under the age of what is considered a young adult, as the content is more favorable for a more mature audience. That said, although you can’t escape it altogether, this show is definitely a fun break from the normal everyday routine.

# College Athletes Being Paid Opens Doors and Breaks Barriers

Tony H | Staff Writer

College students being paid for being an athlete has been a big issue in the last few years, and with the signing of bills in the last few months, the reality of those students being able to make money could be a true. In late September, California governor Gavin Newsom signed a bill that was brought up by California lawmakers to allow players to “strike endorsement deals and hire agents.”

The NCAA said, Student-athletes must be treated similarly to non-athlete students, must not be treated like employees of their respective universities, and that there should be a “clear distinction between college and professional opportunities.”

This bill is the first of its kind and is set to take effect around the year 2023, thus breaking the forever old mold by the NCAA to not allow players to benefit in anyway financially while being a student athlete.

There have been many examples in the past where certain players were punished or even sanctioned for their actions in accepting payment for participation in a sport. Just like in late 2010 when five Ohio State football players sold memorabilia to make money and even received payments from a local tattoo parlor. All five players were suspended and that left them with a tainted legacy of themselves. At the time athletic director for Ohio State Gene Smith stated “As a student athlete, you’re not allowed to use your persona to get discounted services.” Countless college basketball programs around the country have been involved with paying their players on the side. This new bill would help avoid these issues and make it clear what the expectations are.

If the NCAA and lawmakers do indeed follow through on these new policies an interesting thing to think about is if the players are helping in making that college money by their participation from season tickets and bowl games who should get the credit? If the school benefits then the athlete seems deserving of that money. Another point to consider is will the college pay all the players on that school’s team, or even every athlete on campus? Or just the players that bring in the most? It is vital to set a precedent as to

what it takes, or what are the qualifications of making money as a student athlete.

Many athletes would say that being a student-athlete is like that of a full-time job. First and foremost, you must study for your classes and keep your academics up to school standards. But also adding another life in a sense, depending on your sport of working hard, going to practice, training and traveling to different colleges to participate in the games. It’s a lot of things to do and you put your body through wear and tear on a day-to-day basis.

A point to keep in mind is if you are playing football at a “Power 5” school (schools in the ACC, Big Ten, Big 12, Pac-12, or SEC conferences), you do not have to worry about student loans, food, tutors, and access to special recourses (training facilities) that most other students elsewhere who do not have the luxury of. This is a big reason naysayers do not want this bill to go through, because they feel these players already have all the things they need and that added money to them would be excessive.

On the other side, you have people saying that these players have nothing to play for.

But this is certainly untrue you are working towards your degree that will help you get a high-paying job one day if things do not work out in professional sports. Heck you are playing for your draft stock in your sports drafting process.

At the end of the day this reality of paying college players is getting more and more real and imminent. This most likely will be evident only at those power 5 schools I mentioned earlier, these are schools like Alabama, Ohio State, Clemson, etc. Schools where having an athletic career is almost certain. At your smaller universities and community colleges like Century College around the nation it might be just too hard to get a source for those institutions to pay its players. Time will tell and this will definitely change the landscape of college athletes moving forward.

*Icon made by Freepik from [www.flaticon.com](http://www.flaticon.com)*

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# JIM CROW OF THE NORTH

TWIN CITIES PBS ORIGINAL

## FILM SCREENINGS

**February 10, 2020**  
East Campus Lincoln Mall  
11AM-12:30PM

AND

**February 11, 2020**  
Career Pathways Day  
W2490  
10:30AM-12PM

### SPONSORS:

Multicultural Center, Student Life,  
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SSS/TRIO, Nursing, Century College  
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Jim Crow of the North is a recent TPT documentary about the Mapping Prejudice project. It traces the creation of racially restrictive housing covenants which denied housing to minorities in neighborhoods throughout the Twin Cities, creating and reinforcing segregation here in the North.

The film screening will be followed by a short discussion. Free snacks provided for students.

**For more information:**

<https://libguides.century.edu/mappingprejudice>

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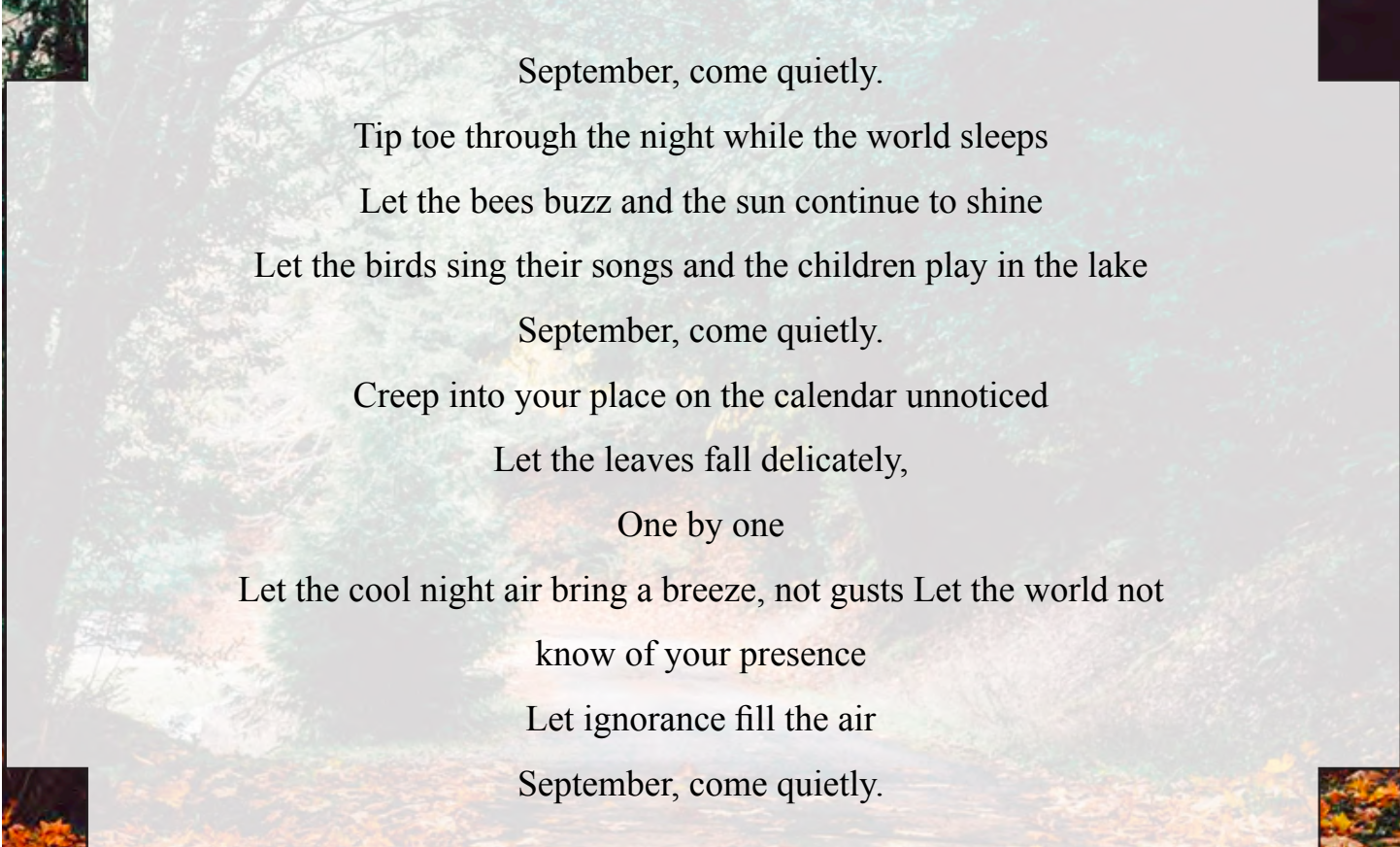






# An Open Letter to September

Joe Mehsikomer | Contributing Writer



September, come quietly.  
Tip toe through the night while the world sleeps  
Let the bees buzz and the sun continue to shine  
Let the birds sing their songs and the children play in the lake  
September, come quietly.  
Creep into your place on the calendar unnoticed  
Let the leaves fall delicately,  
One by one  
Let the cool night air bring a breeze, not gusts Let the world not  
know of your presence  
Let ignorance fill the air  
September, come quietly.

*Photo by Eric Muhr on Unsplash*



# MAPPING PREJUDICE

## SPEAKER EVENT

**February 18, 2020**

**11AM-12:30 PM**

Century Students, Faculty, and Staff only

**AND**

**6:30-8 PM**

Free and Open to the Public

**Century College**

East Campus Lincoln Mall

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**For more information:**

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Century College is pleased to welcome Kirsten Delegard and her colleague Kevin Ehrman-Solberg of the Mapping Prejudice project. Mapping Prejudice is working to create an interactive digital map of how racially restrictive housing covenants denied housing to minorities in neighborhoods throughout the Twin Cities, creating and reinforcing segregation here in the North.

Come learn more about this research and the plans to expand mapping into Ramsey county, including our local area.



Kirsten Delegard



Kevin Ehrman-Solberg

# Q&A with Pam Engebretson Director of Financial Aid

Sherri Kittelson | Staff Writer

I recently had the opportunity to have a question-and-answer session with The Director of Financial Aid, Pam Engebretson. We discussed the history of financial aid, and whether college is worth it.

**How long have you been with Century?** I have been the financial aid director at Century College for 9 years.

**What is that first conversation like with a new incoming student?** Students and parents are often overwhelmed with the financial aid process. We do a lot of reassuring to students to let them know that we will partner and guide with them to help them through the entire process. We explain that overall steps to accessing financial aid that they may be eligible for. Each student's path to completion will be different given their circumstances.

**How much has tuition increased since Century's start in 1967?** Century College is a blended institution of a technical college and a community college. Technical college credits used to be free to students. I would need to check with our finance team about the cost of tuition at the community college back in 1967 but I suspect it was very small tuition charges.

**Do you agree with the increase tuition has had in recent years? Why? Why not?** I am disappointed that the State of Minnesota continues to reduce their overall general funding of public colleges in Minnesota. It is the lack of State funded support that has caused the higher than 'cost of living' increases to tuition in the past couple of decades. Minnesota is known for its high quality, high costs higher education systems. Because our overall costs are higher in Minnesota, we also see higher than average student loan borrowing/student debt.

**How involved is the financial aid office in the student's financial decision-making process?** This is a question for students. It should be a factor, and for some it is a significant factor. Others will feel that they will find a way to afford the college that they really want to attend. I think peers and families play a significant part of the college decision process. It can be difficult to see how the financial aid will offset the college costs to truly do a side by side comparison of true college costs.

**Do you encourage payment plans or work-study before loans? Are you allowed to do this?** Any student can set up a payment plan and more information can be found here: <https://www.century.edu/cost-financial-aid/tuition-payment/payment-plan> Many students work off campus already and so may not have the time or desire to utilize work study. Thousands of students are awarded student employment on their financial aid award notices with the hopes that they will consider using student employment and minimizing their need for student loans.

**How does the financial aid office approach the aid process?** At Century College, we administer federal and state financial aid funds. We do not artificially inflate our tuition to capture dollars for tuition discounting of some elite students. We are required to identify students eligible for all federal and state programs that Century

that Century College participates in. Our overarching goal is to help all students afford their education at Century College.

**What was the approach to financial aid back in 1967?** How much has it changed? When financial aid started back in the 1960s, the federal government provided loan funding for veterans to help them achieve a college degree. In the 1970s, the federal government offered grants to students whom they determined could not afford to pay for college without some assistance. The programs and names of the programs have evolved over time.

**Do you consider educational goals such as associate's, bachelor's degrees etc.?** Different students have different educational goals based on their career path. Some careers require a four-year degree, some require a two-year degree or some type of certificate. I think it really depends on where the student sees themselves in their future and they get to make informed decisions about their goals and how to achieve their goals.

**Are current students more focused on their educational goals than past students?** In the nine years I have been at Century College, I would say yes. We currently have a thriving economy, so it is easy to get entry level jobs. So ideally students who are attending college now are choosing to focus on their educational goals to meet their longer-term career goals.

**How have students evolved since 1967?** I don't feel qualified to answer this one. One thing I see in today's students is that they are used to "immediacy" and processing occurring quickly. Colleges are rarely set up for quick processing and "immediacy."

**With the cost of living i.e. housing, fuel, food steadily on the rise, is college worth it? Why or why not?** College is definitely an investing of student's money and time. The scientists who study people will tell you that college is definitely worth the investment. An education can never be taken away from you. Google is college worth it. People with a bachelor's degree will typically earn twice as much as someone with a high school education and [two] times less likely to be unemployed in their lifetime. The factor that is very relevant in my opinion is that students need to position themselves for success. This will reduce the time and money spent on college by not repeating courses, being focused on completing their program of study and then moving into the work force with the educational background. To give you a real-world example, [my eldest daughter completed her master's in nursing in recent months. Because of this added education, she received a \$12,000 hiring bonus].

**What other elements of the college experience add to or detract from it overall? And why?** The college experience is what you put into it equals what you get out of it.



# Historical Financial Aid Timeline

Sherri Kittelson | Staff Writer

Pam Engebretson, Director of Financial Aid shared the timeline below with TCT to show key historical points in federal financial aid changes to better serve US college students. This mirrors political and societal changes in the US. More women in the workforce, evolving educational opportunities for service members, and low-income students. Name changes reflect those who champion the education cause.

## 2008

National and local banks no longer offer federal student loans to students. The US Treasury under the Federal Direct Student Loan program funds all federal student loans.

## 2007

The College Cost Reduction and Access Act of 2007- Significant increases to the amount of Pell grant funds to reduce education costs.

## 2005

Due to federal budget issues, there were reductions to federal student aid.

## 2001

Changes made to 529 college savings plans to encourage more families to save for college education.

## 1999

Federal Direct loans compete with the bank based Federal Stafford Loan program.

## 1997

FAFSA on the web introduced.

## 1995

Online scholarship database scholarships throughout US. (Fastweb)

## 1992

Federal government transitions to one formula (instead of two) to determine financial aid eligibility for FAFSA. Definition of "independent" student changed.

## 1987

Renamed the Guaranteed Student Loan program to the Federal Stafford Loan program.

## 1985

Montgomery G.I. Bill-active-duty bill named after former Mississippi Democratic Congressman Gillespie V. "Sonny" Montgomery, who was also a World War II veteran.

## 1980

Elevated the US Dept of Education to a cabinet level department (leader of cabinet level department appointed by US President) and changed the name of the Basic Educational Opportunity Grant to the current name of Pell grant. (Senator Pell)

## 1972

Introduces the BEOG basic education opportunity grant (now called Pell Grant). Renamed EOG to SEOG (Supplemental Educational Opportunity Grant) that partners with the BEOG/Pell grant.

## 1965

Introduced the Educational Opportunity Grant (EOG) and the Guaranteed Student Loan programs to help low income students afford to go to college. This is the beginning of financial aid for college students.

## 1958

National Defense Education Act, PL 85-864 NDEA Initiates government involvement in higher education. Under the premise of national security, nationwide school funding increased to encourage students to attend college to compete with the Soviet Union in science and technology. Soviets launched Sputnik.

**For more information check out:**  
<http://www.finaid.org/educators/history.phtml>



# College Is Worth It

**Sherri Kittelson | Staff Writer**

According to The Center for American Progress, as of June of this year, 43 million Americans over the age of 18 carry a collective student debt load of \$1.5 trillion. Student debt is more concentrated among adults between the ages of 25 and 34. About a 1/3 of this age group has student loan debt.

Statistically, two-thirds of those who default on their student loans are borrowers who either did not finish college or earned only a certificate. Within this group, 45 percent is the average default rate. This is three times higher than all student-loan borrowers combined. According to Investopedia, default is the failure to repay a debt on a loan. A default can occur when a borrower is unable to make timely payments, misses payments, or avoids or stops making payments.

It begs the question: is college worth it? According to Forbes Magazine, it is, and the Federal Reserve agrees. The average college grad earns about \$78,000 a year, while a high school grad earns \$45,000. However, Forbes is mum on details of chosen major for the hired college grad. That's an encouraging crumb, but hardly a satisfying meal for those cautiously trying to determine the next steps in their life path.

I asked Pam Engebretson, Century's Director of Financial Aid, if financial aid encourages payment plans or work-study before loans, she responded with the information that "any student can set up a payment plan" and more information can be found on Century's website: search on payment plan.

<https://www.century.edu/cost-financial-aid/tuition-payment/payment-plan> Many students work off campus already and so may not have the time or desire to utilize work study. Thousands of students are awarded student employment on their financial aid award notices with the hopes that they will consider using student employment and minimizing their need for student loans.

I went on to ask, "How does the financial aid office approach the aid process?" Engebretson said that, "at

Century College, we administer federal and state financial aid funds. We do not artificially inflate our tuition to capture dollars for tuition discounting of some elite students. We are required to identify students eligible for all federal and state program that Century College participates in. Our overarching goal is to help all students afford their education at Century College".

I spoke with Kim Kolar, a financial aid advisor at Century. A few years ago, she decided to pursue a multidisciplinary degree at the University of Minnesota. Kim designed her own degree working closely with an advisor to tailor the degree to her needs. She knew from her financial aid background that she would not qualify for much financial assistance outside of loans because she was a working adult. Kim's situation is unique because she was able to finance her four-year degree with scholarships. She thought to herself, "I tell my students to apply for scholarships all the time, I had better be able to do this for myself." So, she did.

This view reinforces what Pam Engebretson said in a recent interview. She says, "Some students will feel that they will find a way to afford the college that they really want to attend." Kim was no exception. She kept her costs down by only taking six credits per semester. This worked out to two classes. She had to petition to do this through her degree program. The policy at the U of M is that you pay \$6200 a semester to carry 13 credits, regardless of whether you carry that number, or less. In keeping with her low-cost goal, Kim says, "I wanted to try to avoid taking out loans if I could. Working in financial aid, I knew how debt can build up quickly. Then you graduate from school and become burdened by debt."

Kim's first step in her scholarship search was a great deal of research about the kind of scholarships available at the U of M. She says that she applied for every single one that she qualified for. "I spent probably the course of couple of days writing different

Photo by Precondo CA on Unsplash



types of letters and gathering all my transcripts.” Kim also had letters of recommendation from past instructors to reinforce that she was a good investment if chosen for a scholarship.

The next step was to create a solid petition letter. Kim's letters of recommendation conveyed her worth as a student. In the petition letter, it also had to reflect her commitment to her community. Kim has been involved in the special needs community, and animal rescue.

Kim recruited some of her former Century instructors to assist her in proofreading petition letters. She says, “I spent a good 20 hours that first semester getting my letters of recommendation and putting together my petition letters.” Then in following semesters, Kim would “tweak” her letters to reflect scholarship funders’ requests. Not unlike the job search where you discuss your skills and abilities to a potential employer but need to reframe those skills and abilities to reflect needs of a potential employer. It’s important to note that Kim’s results are not typical. However, it should never discourage anyone from trying to apply for scholarships.

Kim was adamant about scholarship scams. She advises students to be wary of “guaranteed” scholarships. If you pay money to get money then it’s a scam. Steer clear of that.

Kim recommends students do the following:

1. Determine where you want to apply for scholarships.
2. Check with your school first and see what they offer. Smaller pools provide a better chance of some type of award.
3. Network with family, friends, and coworkers: VFW, Lions Club, Cub Foods etc. Don't be afraid to ask! Many scholarships are not advertised. Most organizations want to keep their money in the community they serve. You need the money. They want the publicity.
4. Keep track of and honor deadlines.
5. Talk yourself up, but don't lie.
6. Work with an instructor to help craft your petition letter.
7. Be prepared to adjust the letter according to needs.

I had a last question for Pam Engebretson. I asked her if she felt college was worth it. With the cost of living i.e. housing, fuel, and food steadily on the rise, is college worth it? She says, “College is an investing of a student’s money and time. An education can never be taken away from you. People with a bachelor’s degree will typically almost earn twice as much as someone with a high school education. The factor that is very relevant in my opinion is that students need to position themselves for success. This will reduce the time and money spent on college by not repeating courses, being focused on completing their program of study and then moving into the work force with the educational background”. To give you a real-world example, Pam’s eldest daughter completed her master’s in nursing in recent months. Because of this added education, she received a \$12,000 hiring bonus.

As students, we have an abundance of valuable tools at our disposal. As Pam Engebretson said, what you get out of the college experience is equal to what you put into it. Yes, substantial financial debt is reality for some, but fear of it shouldn’t stop any student from exploring all options. Stop by the career center and take a career assessment test. Take advantage of the

resume writing drop in dates. That quick 15-minute conversation could be the one. Don’t forget the Century job fairs. Consider hobbies.

Talk to classmates. Be open to suggestions. Even if it means just talking to someone to ease the fear of the unknown. Students are the lifeblood of Century. Its existence and continued credibility hinges on students not only willing to do their best, but also willing to take the risk of working through their own definition of success.



*Photograph by Sam Kripotos*



# ***A Successful Career Does Not Mean a College Education***

Lee Bojarski | Staff Writer and Photographer

The biggest question that we face out of high school: “What college do I go to?”. The inspiration of this question comes from that very system. As we start our high school careers, we have the counselors and teachers inundate us with the ideal of a successful life, if only we did well enough to get into a good university.

The question is much deeper than that. It’s a question that we as a people have been dealing with before the Neolithic age: “Who am I?”. Truly that is something you must answer to know if college is worth it. I hate to be the bearer of bad news, but it’s probably not for everyone -I would argue the majority. I’m not going to scare you into dropping out of class and being a bum on the street. I do encourage you to look at the data yourself.

The raw data that was put out from the Minnesota's Office of Higher Education produced a document called Minnesota Measures (Published in 2017). This report, it documents facts about higher education here in Minnesota, and it also provides a comparison over time and peer institution comparisons. It’s a great read if you want to know more.

What I am an advocate for is the pursuit of knowledge first and foremost. Traditional education will always have a place in our society and rightfully so, everyone should strive to be the best that they can be. What we don’t know sometimes is, if our passions line up with our skills.

In our society we often replace success with wealth. Now having a steady income and living well is good, but I am always reminded of the phrase, ‘you do what you love, you will never work a day in your life’. So, take ownership of your future; look at the data yourself and make an informed decision. Is the time – effort – cost worth it? Or could you be a non-traditional learner that sets the standard.

Not everyone is fresh from high school, and not everyone learns in the way higher education has set

everyone learns in the way higher education has set up. So, where do these people go? I plan on showing you just a few paths that our non-traditional learners take.

## ***Individualized Degree Programs***

What is an Individualized Degree? In short it is a special interdisciplinary major designed by an individual student. These students know what they want and have life experience. They know that education is about learning to ask and answer questions. They are highly motivated and self-directed learners that know how to pursue the questions they are most passionate about. When those questions cannot be pursued in a classroom, they still find a way and forge their own path. These learners are curious, reflective, and highly self-directed students who embrace learning for its own sake. This program is not a place to simply get a degree; this is a place to pursue deep learning.

## ***Apprenticeship***

Local employers are the foundation that every apprenticeship program is built on. They are an active role in building the program and work with you every step of the way. They are personally invested in you. They want to have the best possible product.

Apprenticeships always include an on-the-job training component. The industries they serve know that hands-on training from an experienced mentor will never be able to be substituted crammed in a classroom



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full of students. The variety of the jobs they face and strategies to overcome problems are as varied and unique as the stars themselves. This on-the-job training focuses on the skills and knowledge an apprentice must learn during the program to be fully proficient on the job. Training is based on the national industry standards, customized to the needs of the industries and free market.

One of the unique aspects of apprenticeships is that they combine on-the-job learning with related instruction on the technical and academic components that apply to the job. Education partners collaborate with businesses to develop the curriculum, which often incorporates established national-level skill standards. The related instruction may be provided by community colleges, technical schools, or apprenticeship training schools.

Apprentices receive wages when they begin work and receive pay increases as they meet benchmarks for skill attainment. This helps reward and motivate apprentices as they advance through their training. Every graduate of an apprenticeship program receives a nationally-recognized credential. This is a portable credential that signifies to employers that apprentices are fully qualified for the job.

### **Trade School**

The most obvious benefit of going to a trade school is that trade schools require less time to complete. Almost all trade school programs can be finished in less than two years, which means less time in school and more time in your career. Plus, if you're not in school, you won't have to pay as much in tuition.

Trade schools, like an apprenticeship, offer the hands-on preparation you'll receive for a specific job while traditional colleges and programs are more focused on academic learning. Similarly, because the goal at a trade school is to acquire the skills for a certain job, it may be easier to initially find a job in that field. Also, many trade school programs are geared toward fields in which there is high demand for workers.

So, what's the point of this article? Well it's to get you to challenge yourself. Take a long look at what you want to do and how you are getting there. Do you want a job that pays well? Do you want recognition? Or do you just want to live well? Maybe it is time that you take that long look at yourself and have a conversation you may not have had yet. Go out and experience the multitude of clubs and organizations we have on campus.

# Harassment Policies at Century

Davis Leaf | Editor-in-Chief



*Photo by Samuel Kripotos*

As I entered a college setting, an environment predominantly ran and attended by adults, I expected each individual to behave as adults. For a majority of my time here, this has been my experience. Recognizing the maturity displayed by the attendees here at Century College has been nothing short of refreshing; however, we can't be so naive to not acknowledge when students, or even potential faculty, are behaving unjustly.

I believe it is a firm yet fair right to give people the benefit of the doubt, but in the case that individuals are possibly expressing harmful views, understanding the margins of free speech and harassment is essential.

"We are an institution of learning, and learning doesn't happen if people don't feel safe," says Director of Student Life and Title Nine coordinator Jenn Rassett. While it is fundamentally important that each individual in a college environment feels safe and secure, it is equally essential that such individuals do not feel restricted. According to the Minnesota State Board Policy: Student Rights and Responsibilities, students are granted the freedom to learn, express themselves, and associate themselves with campus organizations.

Such rights exist for as long as they don't conflict with the Minnesota State Board Policy: Equal Opportunity and Nondiscrimination in Employment and Education. While Century College encourages free speech, it also discourages harassment of any sort. For many, the distinguishability of free speech and harassment can be a little interchangeable, but it is a sole fact that discrimination is not tolerated, and Century has notarized safeguards in place to prevent these actions from happening.

It's a sad fact that in this predominantly adult setting, harassment and bullying still exist. On the surface, both terms may seem like the same thing as both involve power, control, harmful acts, and the victim struggling to prevent the happening, but one thing differentiates them. The National Bullying Prevention Center along with Minnesota State Board Policy 1B.1 state harassment as targeting someone with hostile intent based on a protected class. Protected classes include,





*Photo by Sam Kripotos*

but are not limited to, race, religion, color, age, disability, sexual orientation, gender identity, or national origin.

A recent example of harassment on Century campus involved the LGBTQ+ Center in which a group of perpetrators removed posters advertising their club. According to Century student Dani Morrison, the excuse given for such an action was the flyers “did not have Century notations on the posters.” The perpetrators go on to suggest the LGBTQ community to be responsible for their “rights and free speech being taken away” according to Morrison. While freedom of speech could justify such verbal expression, going as far as removing posters from a protected classes’ sanctuary, without authority being given, speaks unobvious discrimination.

I spoke with Jenn Rasett about this alleged incident. Due to the Family Educational Rights and

Privacy Act (FERPA), Rasett could not provide any details on it but rather directed me to the resolutions in these circumstances. Layton Hernandez, a Life Graduate Intern who attends The University of St. Thomas offered his solution. He directs those feeling threatened or discriminated against to go to the bottom of the Century website under Public Safety. In that link you’ll be offered a list of options for reporting an incident. The Safety Administration will discreetly determine how to proceed from there.

It’s a discouraging reality to realize that discrimination, harassment, and hazing still happen in an adult institution of learning. While our education system may have protective and preventive measures for such intolerant behavior to take place, it’s ultimately a moral responsibility of students to stand up for those on the receiving end of harassment.



# Opportunity for Cultural Competence and Community

Madelyn Lysholm | Staff Writer

“Monetary aspects aside—is  
college worth it?”

At this point I’m sure that between assessing the costs now and the projected earnings later that we’ve all pondered the inescapable dollar amount that is associated with pursuing a college education countless times.

But now it’s time to consider the value of college that comes in the form of the cultural enlightenment and sense of belonging one has the potential to gain. Being culturally competent means having an awareness of one’s own cultural identity as well as being informed about the varying cultural identities of others. This comes from the capacity to understand, appreciate, and interact with people from cultures or belief systems that are the same or different from one’s own. In a college setting this can be achieved by being surrounded by a diversity of classmates, learning about various cultures through coursework, participating in events and clubs that embrace cultural aspects, and having the drive to gain awareness about various cultures. With the ever-increasing diversity in the United States, being culturally competent has arguably never been more relevant. Having this awareness can be very beneficial in the overall communication, prosperity, and unity of the societies we include ourselves in.

Since we have such a wondrous array of culturally diverse students here at Century College, there are

several opportunities to divulge in various cultures and communities. This comes particularly in the clubs and associations that embrace and explore various cultures and interests.

Some examples of awesome clubs offered here at Century include the Asian Student Association, Black Student Association, Chinese Culture Club, International Student Association, Movimiento Latino, Spanish Club, P.R.I.D.E. (People Representing Intersectionality, Diversity, & Excellence), and the Social Change Community. Other resource centers that are always available on campus include the Multicultural Center and the LGBTQ Center – both located on the West campus, open to all!

In addition to these extra-curricular options, Century offers a wide variety of academic opportunities to expand one’s cultural competency that a student may consider taking while reaching certificate and degree goals. With a variety of global studies, language, history, humanities, and communication courses, there are options for everyone to explore.





# Networking in Higher Education

Emily Egemo | Managing Editor

One of the biggest pros of attending college is networking. The definition of networking, according to Google is, “the action or process of interacting with others to exchange information and develop professional or social contacts”. College is one of the best places for networking. People from all over the world attend college to get a degree, making campuses a melting pot of different personalities, races, religions, and ideas. If you are already heading to college for a degree you can also experience people from different walks of life. Meeting these people can help you to reflect on who you are as a person and expand your world view.

# Colleges Effect on Mental Health

Anne Austad | Staff Writer



Photo by Matthew Henry on Unsplash

Balancing life as a college student can be difficult. Besides the hours of homework to complete each night, many students have jobs that can take up many hours of their week. Not to mention students also have to make time to spend with their family, friends, and significant others. It is overwhelming to say the least -- it can feel like there are not enough hours in the week to manage your school, work, and social life. Since being a student is stressful and overwhelming, it can certainly affect a person's mental health. According to researchers from the World Health Organization approximately 35 percent of students struggle with a mental illness.

One of the most common mental health illnesses among students is depression, affecting about 21.2 percent as stated by the World Health Organization. As reported by the Mayo Clinic, depression is defined as "a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life." Depression can be caused by biological, psychological, and/or environmental factors. This comes in many forms and is different

for everyone, but generally people who struggle with depression feel hopeless and detached from the world. It can make everyday tasks such as studying, sleeping, and working challenging. According to an article on the Best Colleges website, depression is the number one reason students drop out of school.

Anxiety is the next leading mental health issue students struggle with, afflicting about 18.6 percent according to the World Health Organization. Many people have or will experience some type of anxiety, like while speaking publicly or taking tests, but it becomes a mental health illness when it interferes with your everyday life. It causes a great amount of fear and stress, which ultimately stops you from functioning properly. This anxiety can be caused by genetics, brain chemicals, life experiences, and/or stress. There are many different types of anxiety disorders, including General Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Disorder, Post Traumatic Stress Disorder (PTSD), and Social Anxiety Disorder (SAD). Besides stress and fear, other symptoms of anxiety may include irritability, trouble concentrating, sweating,



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dizziness, shortness of breath, irregular heartbeat, muscle pain/tension, headaches, and upset stomach. All of these symptoms can make managing your coursework very difficult.

During college years, many students also develop eating disorders. It is common among all genders, and most do not even realize they are struggling with an illness, which results in them never seeking help.

According to the National Association of Anorexia Nervosa and Associated Disorders, people struggling with an eating disorder have the highest mortality rate, compared to people struggling with other mental illnesses. Eating disorders are extreme behaviors, emotions, and attitudes that revolve around food and weight perceptions, stated by Best Colleges website. The most common eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder. Some common symptoms for eating disorders are poor body image, excessive exercise, irregular heartbeats, dehydration, fear of eating in public, etc. Struggling with an eating disorder can definitely interfere with academic success.

There are many other mental illnesses that students struggle with and it is important to reach out for help. Century College offers personal

counseling for students and/or can recommend other outside resources. Century College can help with issues like abuse, attention deficit disorder, chemical abuse, sexual orientation, and more. One of the resources Century College has is a program called Learn to Live. Learn to Live is an online program that helps students with issues like stress, anxiety, depression, insomnia, etc. It is free for students and 100 percent confidential.

Another resource Century College has for students is ULifeline, which is an organization helping to protect the emotional health of America's college students. It is an online confidential resource center, where students can browse for information about their mental health, like alcohol and drug use, anxiety disorders, depression, stress, and more.

Managing coursework, your job, and social life is stressful and struggling with a mental illness on top of all of that can be very difficult.

According to National Alliance on Mental Illness,

40 percent of students do not seek help. If you or someone you know are struggling with mental health, it is important to get help. Studies show that most people with mental health problems get better, and many recover completely, reported by the federal government's mental health website.



Photo by Camila Quintero Franco on Unsplash



# The Balancing Act

Ymira Taylor | Staff Writer



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I wake up in the morning feeling like P. Diddy, until I hear what I consider one of the most beautiful yet most irritating words in the whole world. “MOM!”. That is normally when I look at the time, roll over, and try my hardest to go back to whatever dream that had been flooding my sleep. Unfortunately, because my mind abrasively reminds me that it is a school day, that becomes a very short-lived goal. As much as I would love to play hooky, I know that by doing so I will not be able to get the grade that I need to continue pursuing the degree I’m after. Plus, I have three smaller versions of myself looking up to me as an example on how to do this thing we call life. Once reaching this resolve, I put on my first hat of the day as “Sergeant Mom” and gather my recruits to get ready for the day. That is when the fun begins with things like; breaking up sibling rivalry, taking away electronics, and redirecting concentration so that everyone is dressed, fed, and ready to go. If I make it out the house by 8:00 in the morning, that is an accomplishment that I deem miraculous and my first win of the day.

After dropping the kids off at their destinations, I in turn put on my hat as an “Overachieving Student” and make my way to my own school. If I had not ended up at Century College, I do not know if I would have survived taking the number of classes I have now. The teachers have been more than understanding and willing to work with me despite my crazy schedule that is always changing. For a while a typical day for me was; working a 12-hour night shift, sleeping an hour in my car parked outside my aunt’s house, driving my kids to

their destination, going to school, transporting my sister home from school, trying to take an hour nap and/or trying to get some homework done before heading into work for another long shift. If I was even able to make it to class at all, that was and still is considered another win I am always ecstatic about.

Speaking of changing schedules, I have just recently transitioned back into the “Employee Hat” of what I also call a pay as you go Temp Worker. In other words, I am in-between assignments until one becomes available that meets all my needs as a



student, parent, and sole provider in my household. Although I sometimes find myself in roles that either do not pay or reflect my actual value within the workplace, I have learned to appreciate any job that is willing to give me an opportunity to take care of my family. A trait that I have learned runs deep within my family and circle of friends who have had to learned how to cope with the juggling act of going from one hat to another. There are many important people in my life who I consider an amazing inspiration to continue to reach for my own greatness. Especially when it comes to education, there are two people in particular that I really admire. They are my cousins Briellen and Courtney Griffin who are a

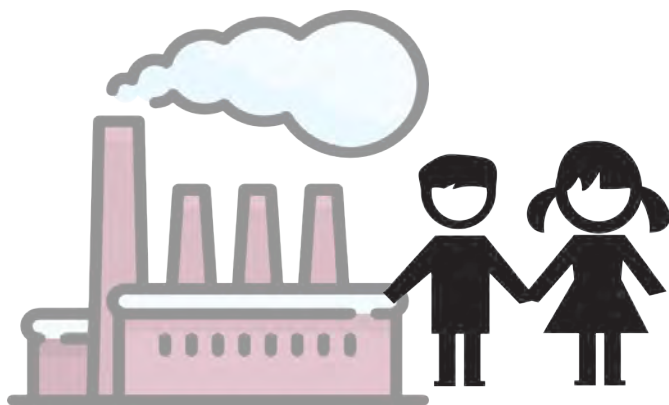
married couple, with three children, and multiple degrees between the two of them. I am constantly asked how I manage to balance it all, so this question seemed perfect to ask these same two people that I look up to. Their response was a combination of what had driven them to pursue higher education, and gave them the strength to keep going to completion. Individually, this consisted of starting with choosing a degree that was influenced by their upbringing, and/or catering to self-love. As they continued their journey from one degree to the next, it became a devotion of love and commitment to each other and their children. Their ultimate goal being to lay down a foundation that would help frame the kind of world they wanted to live in, and contribute to. This meant leaning on the support of their family, continued practice of self care, and keeping their eyes on the goal. Although self-care may at times lag for myself, I know I couldn’t balance any portion of my life if it weren’t for three major factors in my life. Just like my cousins, at the top of the list is the support of those in and around my circle. Not far behind is my own ambitious nature and my undying faith in a Higher Power. Looking back over the many conversations I have held with others; it seems that support is typically the number one ally in being a successful student. That said, to answer that forever question of how balance is obtained for those of us with a family, the answer I feel is most correct than anything else is having support.



# Water Gremlin Part 2

## Water Gremlin has been reinstated by Minnesota and is back up and running

Tony H | Staff Writer



Icon made by Freepik from [www.flaticon.com](http://www.flaticon.com).

Problems continue for Water Gremlin and they have gotten worse. It is now reported by the Department of Health that after doing tests, 12 children of Water Gremlin's employees have "elevated blood lead levels". This is due to lead dust from the plant collecting on a workers' clothes, shoes and other personal items. They then bring it home unknowingly and it finds its way into the child's blood stream. Ramsey County Public Health investigators also reported that two children had blood lead levels higher than the risk limit at 15 micrograms per deciliter.

The original order by the Department of Labor and Industry (DLI) was for Water Gremlin to cease action for 72 hours while they were doing the investigation, but the commissioners of the DLI asked a Ramsey County judge for an order to extend the order until the right steps were taken to prevent and eliminate the lead poisonings of the employee's children. The order was granted.

As of November 3rd, the plant is back up and running after promising to take actions and precautions to eliminate take-home lead. According to a WCCO report, Water Gremlin will make efforts to clean



Photo by Lee Bojarski

its locker rooms, lunchrooms and workers cars. Another requirement is employees must wear hairnets and shoe protectors to avoid any chemicals or dust leaving the facility. When asked about gaining the communities trust by a WCCO reporter, Water Gremlin's Vice President of International Manufacturing Carl DuBois said, "We have to build that trust over time and all I can say is we're very committed and very serious about doing that."

In addition, inspectors from the DLI and the Department of health can drop by anytime to check in on the progress and Judge Leonardo Castro of Ramsey County will not wait on halting operations at any time, if the progress is not satisfactory to him.

Water Gremlin has a lot of work to do and trust to build in the community, but hopefully it will work out and learn from this, so we can avoid situations like these in the future.



# Water Resources and Climate Change

Blanca Leticia Merlin | Contributing Writer

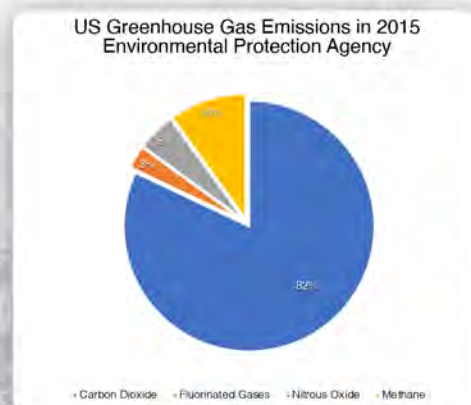
Will you be able to serve a glass of water to your grandchildren when they ask for it? To answer that question for myself, I decided to find out how climate change is affecting our water resources for human consumption. According to Anne Armstrong, Marianne Krasny and Jonathon P. Schuldt in their book *Communicating Climate Change*, since 1850 climate change has been researched, the scientists Foote and Tyndall were conducting their experiments on how carbon dioxide or CO<sub>2</sub> was affecting our atmosphere. My work will consider how climate change is affecting our ice areas, ocean water, and the water cycle.

It is necessary to explain what weather is and what climate is to have a better understanding of how they are related. We refer to weather as our daily forecast. According to Armstrong, et al., climate is the average weather that a particular region has in a certain period of time, usually over thirty years. Johnson and Stefan noted in their article, "Climatic Change: Indicators of Climate Warming in Minnesota: Lake ICE Covers and Snowmelt Runoff" that the climate in Minnesota was, "ice-out dates on 73 lakes have been shifting to an earlier date at a rate of -0.13 days per year from 1965 to 2002, while ice-in dates on 34 lakes have been delayed by 0.75 days/year from 1979 to 2002. From 1990 to 2002 the rates of change increased to -0.25 days/year for ice-out and 1.44 days/year for ice-in." In other words, the weather was becoming warmer. Climate change is directly affected by CO<sub>2</sub> and other greenhouse gases.

The sun plays an important role in climate change because it is the only source to warm our planet. The sun is our energy source for humans and all living things on Earth. Plants, animals, and humans depend on sunlight to survive and also from the energy that earth radiates to space. For billions of years, the energy that goes in and the energy that goes out of our planet has been balanced naturally; however, when humans break this balance because of increasing CO<sub>2</sub> emissions and other greenhouse gasses, then Earth's surface, oceans, land, and air become warmer. These changes affect the weather. Now we have extended droughts, unusual floods, and severe hurricanes; all unexpected situations that are new for us and we are not prepared to solve them properly. Even deaths have happened because we were not ready to tackle those situations.

According to Armstrong, et al., CO<sub>2</sub> is one of the greenhouse gases that most impacts global warming. CO<sub>2</sub> is formed when carbon combines with the oxygen in the air. The process takes place when we burn oil, natural

gas, coal, and wood; as well as during the decomposition of solid waste, where carbon is the main component. Another greenhouse gas is methane (CH<sub>4</sub>), which is released in the extraction and transportation of natural gas. Methane is about 30 times more powerful than CO<sub>2</sub>. Waste of farm animals, rice cultivation, decay of organic waste in landfills, and other farming practices are examples of methane emissions. Similarly, nitrous oxide (N<sub>2</sub>O), another greenhouse gas, is generated by solid waste decomposition, industrial and agricultural activities, and burning of fossil fuels. Lastly, the United States Environmental Protection Agency (EPA) establishes that fluorinated gases are produced by some industries like aluminum and magnesium production, electronic manufacturing, electrical equipment manufacturing and refurbishment, aerosols, refrigerants, foam blowing agents, and others. CO<sub>2</sub> is a gas essential for life but also a greenhouse gas that contributes to global warming. Greenhouse gases help maintain the earth's surface and ocean's temperatures, allowing life to grow and flourish on our planet. But as greenhouse gasses accumulate over their historic levels, they gradually prevent the energy reaching the earth from going back into space. According to Armstrong, et al., to have a better understanding of this process, "scientists have used the analogy of a blanket surrounding the earth." Imagine a cold night in winter, the blanket protects you from the cold, and your body generates heat. The blanket traps the heat, but what happens if your blanket is too thick? You will begin to feel sweaty and uncomfortable. This process is called the greenhouse effect. According to Armstrong, et al., in 2015 the amount by weight of CO<sub>2</sub> was 82% of greenhouse gas emissions in the United States. Below the graph shows the percentage of these gas emissions in the United States.





Climate change is modifying the ice areas on our planet. The book *Abrupt Impacts of Climate Change* establishes that: The Arctic Ocean has historically been largely covered in sea ice, which changes considerably with season and plays an integral role in the global climate system. Arctic sea ice has undergone rapid change since satellite records began in 1978. Significant decreases in sea ice have occurred during all months, but the most notable ice losses have occurred in summer. The National Research Council states that linear trend in September sea ice from 1979-2012 was a loss of 13 percent per decade relative to the 1979-2000 mean. We can see how quickly the arctic and glaciers are melting because our planet is becoming warmer. As glacial and polar ice melts from land, more warm water flows into the oceans, causing sea levels to rise. According to Armstrong, et al., these changes affect the people and animals living in places like the arctic and glaciers in countries around the world. For example, the loss of glaciers in the Himalayas and other mountains around the area have affected the flow of water to the river Ganges, where millions of people depend for their water supply.

The effects of climate change are causing the ocean water to become more acidic and warmer. According to Armstrong, et al., this process takes place when the CO<sub>2</sub> in contact with sea water reacts to form carbonic acid making the ocean water elevate its acidity and diminishing calcium carbonate. This change in pH affects the life of corals, crabs, clams, oysters, lobsters, and other marine species that use calcium carbonate to make their shells. Humans and other animals are affected since these species are mostly at the bottom of the food chain. The acidity of the oceans has been increasing quickly: The current rate of increase in the acidity of ocean surface waters is roughly fifty times faster than known historical change. According to Armstrong, et al., fisheries are in danger because they use the coral reefs as their habitat, and humans depend on fisheries for living. The ocean water absorbs one quarter of the CO<sub>2</sub> produced by humans each year, which means ocean water is becoming warmer because there is more heat caused by CO<sub>2</sub> emissions.

Climate change affects the water cycle. The cycle of evaporation, precipitation, and evapotranspiration. According to S. Panwar and G. J. Chakrapani, groundwater is directly affected by changes in the ratio of precipitation and evapotranspiration. While groundwater is less affected by climate change than surface water, it is still very important because groundwater is one of the largest sources obtainable for freshwater and potable water on earth. Around 30% of global freshwater is obtained from groundwater. The groundwater quality changes according to the chemical, biological, and physical properties of the aquifers that are restrained by climatic variations. At this point is when

climate change alters everything related to groundwater. Since temperatures are rising, we are having extended droughts in semiarid and arid areas or the opposite, floods in places that never happened before. There are three scenarios where the quality of groundwater can be compromised during climate change.

Panwar and Chakrapani in their article *Climate Change and its Influence on Groundwater Resources* mentioned: during the wet scenario, increased infiltration can mobilize large pore water chloride and nitrate reservoirs in the vadose zone of semiarid and arid regions. Causing a drier area, where plants and animals will be affected and therefore humans. The second scenario takes place during the increment of recharge water consequently carbonates can be dissolved and Calcium (Ca) content may increase the hardness of groundwater. Depending on where the water is going to be used; additional equipment is required to make the water soft. The third one is during a dry scenario, the quality of groundwater may be affected by a major dissolution of total solids, as a result, the salt content in groundwater can be increased, making the water not suitable for plants, animals or human consumption. Using modern technology, groundwater extraction, and exploration techniques can be improved for better results in the availability of water. The uses of groundwater will determine the quality process that it will take to comply with the requirements for that particular use.

Climate change is affecting our water resources. Additionally, we need to pay attention to the effects that population growth will have on it. The National Research Council concludes, "that impending global-scale changes in population and economic development over the next 25 years will dictate the future relation between water supply and demand to a much greater degree than will changes in mean climate". Having a growing population and economic development is going to be the main point to address because these people will need water. Climate change is shrinking our freshwater resources. In conclusion, we will be able to serve a glass of water to our grandchildren, but only assuming that we the people have the commitment to collaborate with real actions even if those actions force us to leave our comfort zones: walking instead of driving, carpooling, using bikes to go to work or using public transportation, being aware of the amount of water people use in the shower, changing the lights at home for more efficient ones, recycling, changing people's eating habits. We don't need to wait 10 more years to do something. We need to act now to reduce the damage to the only place we have, Planet Earth.



# Compass

Emily Egemo | Managing Editor

A compass spinning out of control  
Which way is North?  
Standing in the middle of nowhere  
I have never been good with directions  
But now I'm...  
Completely lost.  
No destination  
And unsteady  
What kind of future do I want for  
myself?  
What career should I pursue?  
Should I continue my  
education?  
Out of sorts and  
confused.  
These are the things I  
should know  
I am an adult now  
I should know  
Where I am going,  
Who I am  
But still  
The compass needle  
keeps  
Spinning  
And  
Spinning  
And  
Spinning.



Photo by Heidi Sandstrom on Unsplash



# A Rememberance...

Peers and professors remember Dena Urbano, alum of Century College (AA 2014, Creative Writing 2016) and former Art Director of The Century Times. Dena had just moved to Wisconsin with her partner, Bill, when she passed away unexpectedly on November 27, 2019. She was 44.



I first met Dena Urbano at the first Staff meeting I hosted for The Century Times. I had recently inherited the title of Editor-in-Chief and was one of about three staff writers returning to the paper after a majority of the staff had reached graduation. Our faculty advisor Dana LeMay brought in a few students that she felt would excel on the paper. This is where I met Dena. Right off the bat, she demonstrated an infectious energy that I knew would be conducive to a positive working environment for the paper. She was so gung-ho to help me find my footing as a new editor. She had some experience with web editing and offered services as an on-line editor. A web presence had been something TCT had desperately been trying to get off the ground.

It was when tragedy struck and our Art Director Debra Nelson unexpectedly passed away that Dena really took a leadership role. She adopted the Art Director position and really helped shape the direction of the newspaper. You see, Dena had a distinct voice that weaved through her articles. Her writing could both be informative, factual and distinctly her. She not only contributed multiple articles to each publication, but she ran as lead copy editor as well. In short, every article printed

she had her guiding hand on. She did all of this while also attending a full slate of classes and balancing work and family. Her work ethic was incredible and I have met few people who have had her drive.

While she was inspiring with her drive to put out an excellent publication, it was the friendship she developed with everyone in the writer's room that I most cherish. She was such a receptive audience. If you told a story designed to insight laughter, she would be the one you wanted to aim the story at. Her laughter was lively and infectious. She was also a fantastic person to turn to when life hit hard. She listened, offered the wisdom of her perspective and was always there for you. Few people know how to balance friendship and leadership in a working environment, but Dena could navigate through with ease.

Her investment in the paper was ever evident and she would fight for articles. I remember the article she did on the author Sapphire, "Sapphire Visits Century College" that caused quite a bit of commotion in the writer's room. Dena attended Sapphire's student address and covered it for the paper, using pull quotes from the speech. The topics got quite heavy and when a work of poetry about rape was addressed, some strong language was used in those quotes. A debate among the staff writers was whether we would publish an intense swear word on an article that would grace the front page of the printed publication. Dena was adamant that we run the quote unaltered by asterisks or censoring of any kind. I remember reading the article (it is excellent and absolutely worth revisiting) and feeling that Dena was absolutely right. Any censorship of the content of the quote would soften it and diminish the quote's effectiveness. In the end, we ran the quote unaltered. After all, there was no such thing as bad words, only bad intentions. Dena's fierceness in standing up for what she believed in was to be admired. I wanted to honor that.

When news broke over the holiday that Dena had passed, I was shaken. She was a woman who exuded life, energy, a willingness to play and laugh. If you read The Century Times at all, she is a person that deserves a sizable amount of credit. It literally wouldn't be the same without the work she contributed those many years ago. I am thankful of the work she did with our publication. She will forever be missed by those touched by her presence. I already feel the loss of my co-pilot. But, for me, I have only to turn to her articles to get a little bit of her back. Her heart. Her soul. Her voice. It is all there.

-Matthew Hoemke



Dena Urbano was a student-leader with The Century Times when I joined during my second semester of college. A talented poet and journalist, she worked as Art Director for the magazine, directing layout for several award-winning issues.

In addition to her leadership, I admired Dena's strength and found inspiration in her courage to go back to school. We were both navigating college as nontraditional student-parents, and it was so refreshing to have someone understand the multiplicity required in that role. She loved her son Antonio deeply, talking about him often.

After graduating from Century, Dena transferred to Metro State, where she continued to pursue her dreams of being a professional writer. We kept in touch, going through similar major surgeries while navigating school, work, and parenting. Dena was always there to cheer me on when things got rough. She encouraged and mentored me during my transfer process. This was the type of person she was; always willing to take the time to offer advice and emotional support.

Dena loved fiercely and made friends quickly. She had this amazing gift of maintaining connections with people and will be missed by many. I will miss her dearly. Dena was not just part of our TCT family, she was like a big sister to many of us. I will be forever grateful for the meals she cooked for my family when I was recovering from brain surgery, and how supportive she was through my long recovery. The world is left a dimmer place without her spark. I will always remember her when I hear Fleetwood Mac.

-An Garagiola-Bernier

Dena made an impression on anyone she met, an observation as obvious as noting it snows here in the winter, and her laugh echoes in my mind. Dena was full of enthusiasm, and she loved the give and take of a good conversation.

Her writing and editing were impressive, yet those skills weren't Dena's biggest contributions to the success of The Century Times. As I had the privilege to say at the Outstanding Student ceremony, Dena was the heart and soul of TCT. She helped make the staff a family.

How fortunate we were to know her as our friend. Dena, you are "awesome sauce!"

-Rich Kuss, English Professor

To Dena,

You and I met at Century College in The Century Times, our school newspaper. You along with everyone else at the time made the newspaper feel like a second home for me. I was going through some adversities at the time, but you were kind and warm to me, you didn't know how much I appreciated that you were. There was this one time where I was listening to Spoken Word Poetry as well as working on something for the newspaper and you walked in listened until the whole video was done and you simply said to me, "wow Keano you are definitely one interesting fellow. You listen to poetry, which I never expected, write so well, and are so hardworking. You are one heck of a guy." All I could respond with was a shy smile and a thank you. Looking back on it I should've replied with a compliment back to you, I didn't, but I will always remember that moment with you. I am sure everyone has a fond memory with you like I do, you were just

that kind of person to touch the hearts of others. To others it may seem like you have affected me in a minuscule way, but to that I say it's always the little things and little moments you take away from someone else. Dena, you've affected me in a positive way and there is no amount of thanks I could ever give. My only hope is that I can become more like you, a warmer and kinder person, thank you for that.

Sincerely and Warmest  
Regards,





I first met Dena at my first day back at Century. I was nervous. I hadn't been to school in a long time and now I was doing it as a working wife and mother. I wasn't sure I would be able to juggle it all. I was convinced I was going to be the oldest one in the classroom surrounded by 18-year olds and I would have nothing to talk about. I saw Dena across the classroom from me and relaxed. Someone my age! The class was taught by the wonderful Rich Kuss. First thing I remembered him talking about was The Century Times newspaper as it was then. He mentioned Dena was a part of it. I didn't expect to join any clubs going back into school but I'm so glad I did. I got to meet some amazing people and get to know them during my time at Century.

I liked Dena immediately. She was fun, passionate, and intelligent. She had an infectious laugh. She was a talented writer and actress. I reviewed one of her plays even though it was a small role just to see her in it. She was just the kind of person you just enjoyed being around. We talked about many things, writing, motherhood, life, tv shows, and music. Anytime I hear anything about Stevie Nicks, Prince, or Anne Boleyn; I will forever think of her. After she graduated from Century, we would see each other at friend's events. Later, I joined her at Metro State and we would sit and visit while I was on campus. Life gets busy and we didn't get to talk as much as I would have liked, but I enjoyed keeping up with what she was doing online. I will miss her more than words can say.

-Lanie Carter



Whenever I think of Dena Urbano, I remember a lovely young woman who was bright, witty, with a good sense of humor. Her radiant smile lit up whatever space she occupied.

She worked for the English department in the Writing Center and quickly became a favorite among students there. She was always ready and willing to help them with their problems, be it writing problems or otherwise.

She and I would often take a few minutes to catch up on each other's troubles and commiserate with each other. She quickly became a close friend. I will miss those conversations.

Dena was also a gifted writer and worked on the student newspaper to which she often contributed. The staff there relied on her to guide them and edit when necessary, and she would often work extra hours to meet deadlines.

The world has lost a very special person. She was taken from us much too soon, and we will all miss Dena.

My sympathies to her family,  
Bob Hathaway, English Professor

