

# The Century Times

Century College

Fall 2011

Issue 1

News & Features

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# TUTOR PROGRAM RECEIVES STATE AWARD

by CALEB KLITZKE staff writer

Century College's Tutors Linked to Classes (TLC) program received an award from the Minnesota State Colleges and Universities system (MnSCU) this summer. Century was one of two schools in the state to be honored with the Innovation in Student Affairs Programming Award. This award is presented to schools that offer unique and groundbreaking services to improve their students' success and wellness.

The two TLC program coordinators are Jackie Reichter and Keith Hagen, who took over the fledgling project in the summer of 2008. Reichter, Hagen, and the Dean of Student Services, Andrea Rystrom, have been instrumental in the success of the program. They have received a lot of positive feedback both directly and through surveys from faculty and students alike.

Cheryl Gfrerer, a Century English department faculty member, said, "TLC is the single most effective student success initiative I've encountered at the college, and I wouldn't go a semester without it."

A student in a Philosophy 1041-Logic class commented in a



Jackie Reichter, Andrea Rystrom and Keith Hagen with award

PHOTO BY SCOTT HUDSON

survey saying, "If every class [had] a TLC, it would make a great difference in students' grades... I would have failed if I didn't have a TLC to help me. I am very grateful for her help."

Katie Pierre and Rob Jersak initiated Century's TLC program in the summer of 2007. Pierre now works as a Student Success Advocate for Century students, and Jersak is now a faculty member of the Century Communications Department.

They started by looking at research done at the University of Missouri-Kansas concerning

supplemental instruction. Supplemental instruction is extra instruction for students outside of standard classroom practices. They then observed an example of these supplemental instruction practices at the University of Minnesota and adapted that model to fit a community college comprised entirely of commuter students.

The program was initially charged with the task of improving student retention and course completion. It was especially focused on the classes that most first time college

students as well as returning students are required to take within their first semester. These are sometimes referred to as "gateway courses", and include classes in Communications, Math, English, Reading, and Social Sciences. These remain the main focus of the much-expanded project, and the exciting part is: they're succeeding.

The program began humbly with 5 sections of classes being tutored in the summer session of 2007. By the fall of 2007 there were 28 sections with a TLC leader, and it has continued to grow every year. The fall 2011 semester saw over 105 sections taking part in the program with plans for more than 225 sections included throughout the 2011-2012 school year. In the fall of 2012 they expect to have over 125 sections across a wide variety of disciplines participating.

One of the many virtues of the program is that it is designed for everyone. It's not only for the top tier, go-getters who are going to take full advantage of any opportunity to succeed. It's not only for the folks who are struggling with or intimidated by school. And while it absolutely is for both of these types of students, it's just not only for them. It's for

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# VETERANS HAVE IT GOOD AT CENTURY

by SHANE HAUSKEN staff writer

Minnesota sure smelled a lot different than how I remembered it. When I had left Minnesota five years ago in the service of Uncle Sam, I was crippled with homesickness, just jonesing to see this frozen-slice of paradise again. When I came back, however, it was like I had landed on an alien planet where camouflage wasn't even worn as a joke. I felt like an outsider in a group of people who were nice enough, but who didn't have that deep connection that

those serving in the military become wonderfully accustomed to. It was with that loner attitude that I spent my first year at Century College, moving from the class to the car with as little eye contact and air sharing with my fellow students as possible.

Unfortunately, that lonely disposition was the norm until my second year out of the military when I finally reached out and came across the enormous wealth of compassion, help, and camaraderie that is available to veterans at Century College from peers and faculty alike.

The Veteran's Center is a hotbed of like-minded veterans and guard/reserve members who instantly make a fellow service-person feel at home regardless of the usual social barriers such as age or race.

"None of that stuff matters," Said Brett Jyrkus, a former Petty Officer 2<sup>nd</sup> class with the Navy, "It doesn't matter how old you are, if you've been in, you get it."

What "it" exactly is appears indescribable to the veterans in the center, but they all have their own reasons for why they love coming to

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# THE JOE: SPORTS RANT

by JOE BLUSTEIN sports editor

In the two and a half months that we were relaxing, chilling out, and enjoying the summer, the opposite can be said for the sporting world nationally and locally. In the two and a half months, we saw the NFL lockout begin and end, the NBA lockout beginning, the Minnesota Twins blow up and stink, and, in my opinion, the glimmers of hope for Minnesota, the Minnesota Lynx and

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## CAMPUS NEWS

### FALL PLAY - THE DIVINERS

Performances on Oct. 14, 15, 21 and 22 at 7:30 p.m.  
Sunday matinees on Oct. 16 and 23 at 2 p.m.  
Century College Theatre Department's fall production of The Diviners, an absorbing drama by Jim Leonard Jr. about a disturbed young man and his friendship with a disenchanted preacher in the 1930s, will be presented over two weekends in October.

### Text Woody to 41411

It's Woody's Wire! It's new.  
Woody will send out texts (one or two/day max - promise) on free food, events, concerts, special offers, deadlines and more.

## EDUCATIONAL EVENTS

Thursday, October 20th,  
1pm - 2pm East 1331

Discover Century Info Session:  
Learn more about Century College at our monthly information sessions, which include an informative admissions presentation and an optional tour. Please allow approximately one hour for this event.



## Discover Century College Library

by DAVID DUNCAN staff writer

At the Century Library, you're just one step away from finding information and quiet comfort zones that will allow you to study and gain knowledge while remaining on campus.

Century College goes above and beyond to provide students with journal articles, reference books, images, e-books, and other information sources available online at [www.century.edu/library](http://www.century.edu/library) at no cost to Century College students, staff, and faculty. Century College also has a free service for students, staff, and faculty called Interlibrary Loans (ILL). If Century Library doesn't have a book or article you need, it can easily be obtained and made available through ILL.

Century College has a phenomenal library, located on the east campus, waiting to assist you. All you need is a Century student identification card, and you too can have access to the library. With your student identification card, you can check out books, dvd's, cd's, pamphlets, and much more.

Most items will be accessible and in your possession within one week! Arrival notification will be sent to your Century e-mail account, along with information pertaining to due dates and renewal policies that are determined by the library that the item belongs to. Enjoy database research links such as: Films on Demand, LexisNexis (Law material), Mango Languages,



Historical Newspapers, and many more.

Rita Ferrero, one of the many very friendly librarians, was helpful and willing to walk me through the process of getting familiar with the Century College Library. Another perk that students receive here at Century is that we can reserve AV/study rooms for up to two hours to hold study groups or study individually.

There are so many opportunities in the library. Feel free to come by and check out the Century College library during the following hours: Monday-Thursday 7:30 a.m. to 9:00 p.m., Friday 7:30 a.m. to 4:00 p.m., or Saturday 9:00 a.m. to 3:00 p.m. Library hours will change during the summer and between semesters.



PHOTOGRAPHS BY SCOTT HUDSON

The Century College Library's staff are always willing to help students find the books and materials they may need. The library also provides areas for students to study, be it in quiet rooms or by the gorgeous window seats.

## Reasonable Refueling: Eating on a Student Budget

by REBEKAH FREDERICK staff writer

Century College is known for having a diverse range of students, but if there is one thing we all have in common, it's our stomachs. Many students can end up spending many hours a day on campus and one can bet that they'd need refueling while going from class to class. But with pocket money diminishing in these financially straining times, it can be hard to find foods that are both cheap and satisfying, healthier snacks even more so. However, with a small bit of searching, one can find many options for a cheap and delicious lunch on and around Century.

To start, let's look at all those conveniently placed vending machines. These are great for getting a small snack when dashing off to class and most everything in them is only a dollar. Admittedly, the large majority of their stock is either very sugary or very salty; however, they do have a few hidden gems in the form of granola bars and whole grain chips.

If someone has a few more minutes to spare they can visit the cafeterias and 'coffee shop' locations on both the west and east campuses. Wrapped sandwiches, salads, and other things can be purchased for usually less than or around \$5 as an affordable lunch option. The west campus cafeteria even offers a variety of fruit and vegetable juice drinks. The Connection, located in The Nest, also has some cheap snack and meal options. However, most of their foods are frozen or microwavable, with the ramen requiring the addition of water.

A bookstore is the last place someone might look for a snack that's easy on the wallet. Actually, in the Century Bookstore, they stock a wide variety of treats, from trail mix and granola to chips and beef jerky. Some of their fruit snacks and cereal bars are actually cheaper than what you may find at the vending machines, and the ones that are more expensive are usually worth the extra few cents.

When the gap between classes is as expansive as a few hours, one could take the time to even look for lunch just down the street. Less than a twenty minute walk down the road, or just a few minutes if a car is available, a whole slew of dining options open up. Coffee shops like Caribou and Dunn Bros, which usually offer some sandwiches, are just around the corner, along with Taco Bell, Zantigo's, and a Dairy Queen.

But if one is willing to spend just a couple extra dollars and a few extra minutes to walk the distance, then the

diner-esque Betty's Pies is just the place to go. This restaurant is the sister location to the famous eatery by the same name in the north shore town of Two Harbors. As the name suggests, a pantheon of different home-made pies are sold every day, along with delicious lunch options like beef and chicken pasties and salads. For under \$10, you can get the Betty's Special, which consists of a cup of soup, half a sandwich, and a slice of pie (some of the more popular varieties are their Great Lakes Fruit, Five Layer Chocolate, and Lemon Angel pies). Early birds--and the not-so-early risers--can even order breakfast until 2 pm.

Do you have some spare room in the backpack? Save those few dollars in the wallet and opt to brown-bag it from home. Some simple and easy things to bring are muffins, trail mix, cereal/granola bars, and peanut butter sandwiches (allergies allowing of course). And if one is in possession of an insulated lunch box or bag and an ice pack, which can be found at most major stores for a variety of prices and sizes, then almost anything from the fridge is up for grabs. Yogurt and fruit can be great to get just a little bit of sugar and not feel guilty about it later.

When one is caught between the dilemma of a good meal and saving a few bucks, they need not fret. Delicious and dime-saving dining options are everywhere; they just need to look around. So good luck and bon appetit!



Vending Machines offer a quick and easy way to get snacks and drinks.



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the center, most of them centering on trying to replicate the kinship they once felt while serving in the military.

“They know what you’ve been through,” Said Nate Lucas, a former active duty soldier in the Army. “These are people who I have a lot in common with, and who I would rather spend my time with while I am here.”

“Not to mention it’s quiet,” Said Brett Mattson, a former Army gunner, “But it’s also a fishbowl.” He adds, pointing to the wall length window that students constantly flow by and gawk in. The Veteran Center is located right in the newly renovated Nest on the West Campus

and sometimes the high traffic of students can put a strain on veterans who suffer from Post-Traumatic stress, an issue that the center is working to resolve.

But mostly, it’s a relaxed, friendly, and welcoming atmosphere in the Veteran’s Center, a feeling that everyone present attributes to Lynn LaVerdiere, the Veteran’s Service Coordinator here at Century.

“Awesome.”  
“The Best.”  
“Really freakin’ Sweet.”  
Those are just some of the terms used to describe LaVerdiere, who loves her job, but is quick to remind anyone that the Veteran’s Center is for veterans. “This is theirs,” She

said, “I am here for them, but I try to stay out of the way.”

A sentiment that is hard to believe when it becomes apparent how involved and dedicated LaVerdiere is to helping Century Veterans. A longtime military wife, LaVerdiere is as close to the military experience as a civilian could ever get. “I know there is something between military people and it’s hard to find again once they are out. That’s what we are here for.”

Along with the center, Century has a Veteran’s Club that gets the veterans and affiliated students together for the occasional activity. Run by Justin Hauser, a former Marine, the club is a fantastic

way for student-veterans to have interaction with each other outside of Century. From going to the rifle-range to just having a drink, it’s an outlet with like-minded individuals that is hard to come by for veterans.

To me, finding this magnificent support structure for veterans at Century is like starving in a dark room, only to turn on the lights and find myself in a pop-tart inundated paradise. I am glad I finally found all this help, but wish I had sooner. Don’t let these excellent facilities go to waste. For more information stop on in the Veteran’s Center which is open all day Mon-Fri.

PUBLIC SAFETY

by JORGE VARGAS staff writer

Occasionally, on the news we hear about an unfortunate incident where a fire claimed a certain number of lives or about a tragic incident where a dozen people are killed by deranged individual X. Fortunately for us, it always seems to take place far away. It is only when forced to perceive reality through high profile incidents, such as the Virginia Tech massacre or our Lady of the Angels school fire, that we are forced to conceive of the possibility of lighting striking right at our feet. It is easy to alienate from these events and think it will never happen to us. What we may fail to realize is, doing so will hopelessly leave us at our most vulnerable.

Prior to September’s Century College lockdown and fire evacuation drills, The Century Times (CT) conducted a small informal survey. They spoke with students across both campuses in an attempt to identify, summarize, and voice the concerns of the student population. Not surprisingly, most students shared very similar concerns, “What to do? Where to hide? What are the procedures to follow? Where are the security areas?” It was acknowledged that drills such as these will not only be very helpful, but a reminder that it can happen. And if it ever does, we will, if not feel ready, at least feel prepared for the unthinkable.

Fortunately, we have a highly trained staff to oversee these events. Mark Holper, Director of Public Safety, along with Kevin Wiskey, Safety Administrator, have been holding mandatory seminars for all staff at Century. “We want staff to be proficient and take leadership roles during any emergency situation [...] seeing how it will be nearly impossible to attempt and train over 10,000 students every semester. We must have staff prepared at all times,” noted Mr. Holper during a staff seminar.

After the seminar, CT presented Mr. Holper with the most relevant concerns voiced by students during the survey. What should we do if a lockdown occurred while walking from class to class or hanging at a common area, such as the Nest or Lincoln Mall? “Your priority should be getting to the nearest classroom or into a safe area. We have told staff members to act quickly, go to the door, and advise any students to come in.” What about students who refuse to come in or are far from any staffed classroom? Common sense tells us that during a real emergency situation, staff won’t be on the lookout for others much less risk the lives of those inside the classroom already. “That will be an issue,” Mr. Holper admitted. “Our biggest concern during lockdown is people in those hallways; we got to get them out and into a safe area. An issue we will encounter is the safety of students in the newer areas, such as the Nest, the student offices, and game room. Everything is wide open. We could face a situation where there’s a room, but nobody in the area has a key for it. We have identified a bunch of these issues by training different departments (gym, technology building, and library). You can write the procedures, but, unless practiced, we won’t identify the faults. We are looking to learn a lot from the upcoming drills, and we’ll document it so next time we’ll become more efficient, while addressing any issue which may arise.” As students, we’ll never see the reports on what went right or wrong,

but Mr. Holper did announce he will be holding two, one-hour workshops during Student Success Week where questions, concerns, and feedback will be welcomed and promptly addressed by Mr. Holper himself. After the drills, you will also be able to fill out a quick survey at the following: [www.surveymonkey.com/s/emergencydrills](http://www.surveymonkey.com/s/emergencydrills).

Another concern between students was, “Why are we having drills?” Many wondered whether there had been any terroristic threats against the school. The reality is, we’ll never know as it is a highly confidential and serious matter. However, Mr. Holper did use an interesting analogy to justify the drills. “What do you do when your clothes catch on fire? You stop, drop, and roll. We have been taught this ever since kindergarten.” This is exactly what Mr. Holper hopes to accomplish, the creation of another safety note, just as we did when we were little, but this time with the drill and concerning Century.

Two important terms we should never forget are active shooter(s) and lockdown. The first represents the presence of a suspect(s) in the immediate area, who is threatening to shoot or has begun shooting. A lockdown, on the other hand, is a preemptive strike to minimize damage and limit the options a shooter(s) may have and to protect students who don’t know where the shooter is. The key to survival is immediate action and cooperation. It is a fact that shootings do strike, just as lighting, very fast. They’re normally done before police can even react. Therefore, acting fast

and taking the threat seriously are a must. Our will to survive must be greater than their will to do harm. If faced with the worst case scenario, we must always fight and never go down without a fight. “Most of these shooters will have a target, and afterwards they will

attempt to cause as much casualties and mass destruction as they can.” Mr. Holper added. “With an active shooter, police tactics and approach have changed; their response no longer considers the threat a hostage situation, and as soon as there are a few officers on the scene, they’re going in.”

Another recurring concern among interviewed students was effective communication. “My biggest concern in either a lockdown or any emergency security situation will be panic,” Robert Jersak communications department instructor shared. “Leaving students, who are less mobile and less able to get into a safe place, exposed to danger. As staff, we are all given a set of expectations and hopefully we will do our best with that. Until people realize the drills reflect a potential danger [...] we will have to rely upon them following the right procedures. Students may not know where to stand, if they should go home, stay, or go back inside to grab their bags. We don’t want students following the wrong people at the wrong time.” Finally, we concluded our interview with Mr. Holper by asking about his thoughts on such communication challenges. “I would rather have students ask me the questions than have them stay with the wrong facts. I will answer them personally,” he concluded.

For more information, feel free to contact Mark Holper at (651) 779-5834 or at [mark.holper@century.edu](mailto:mark.holper@century.edu). His team has placed a very informative video on D2L’s self-registration tab under the 360 StaySafe – Personal Safety Education. Take the time to watch it; it could potentially save your life. And at \$6.95 for the DVD, why not give it a try while it’s free? Please, don’t be like the person a teacher called out in front of the class; “What a pain in the ass,” followed by an overall complacent attitude from most students. Take the drills seriously. Until next time Century, please, stay safe.



IMAGE COURTESY GOOGLE



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everyone.

Another virtue it exhibits is its promotion of the mentality that everyone at Century is working toward the same goal and can cooperate in order to succeed. This helps Century College to be an inclusive community of learners rather than a collection of isolated individuals within a field of competition. That deserves an award.

TLC leaders are Century student workers, most of whom are taking part in the work-study program. They have received either an A or B in the classes they tutor for and have a desire to help others do well in those classes. It's largely a faculty driven program since instructors request a tutor from one of the program coordinators or ask one of their former students to be their TLC leader.

The members of the faculty who participate in the program are commendable for showing a level of humility that should not be taken for granted. The tutors are always there offering comments from the students' perspective, which these instructors must be open to. They have to be willing to learn alongside their students in order to find the best way to teach the material.

Instructors become more approachable by interacting with tutors and students in a less formal way. Without question, these instructors would rather see their students succeed than bask in the glow of their own prestige, and that shows through the success and expansion of this program.

The TLC leaders are placed in classes to aid the students alongside the instructor, and are also available outside the class to help students

study, revise papers, practice math problems, review science experiments, or anything else they may need academically for the class.

The program has benefits for the tutors as well. Tutors have found that tutoring in a subject helps them have a deeper understanding of the material. This helps TLC leaders develop even better skills in the subjects they support. For example, nursing students are required to take many more tests and exams than the average college student. The tutors linked to nursing classes often perform much better on their exams because they have spent more time with the material and remember it better.

Another unique feature of the program is that it's a proactive form of assistance meant to provide help before major problems occur. All students in class sections supported by tutors are encouraged early in the semester to take advantage of this resource, which can help prevent things from becoming overwhelming or piling up. The students are also reminded throughout the semester that the tutor is available for help in the classroom as well as outside.

The program has been gathering statistics since its inception and they're impressive. As shown in the graphic, during the 2010-2011 school year there were 11 percent more grades of a C or better in classes supported by a TLC leader as compared to classes without. There were also 5.9 percent fewer withdrawals from those classes. 10 percent more students were retained from fall to spring semester. This shows that not only has the program proven it can help more students complete their courses and stay in

## Tutors Linked to Classes: Fall 2010

**Tutored Students in  
Supported TLC Sections**

**Non-Supported Sections**  
*(courses with no tutor affiliation)*

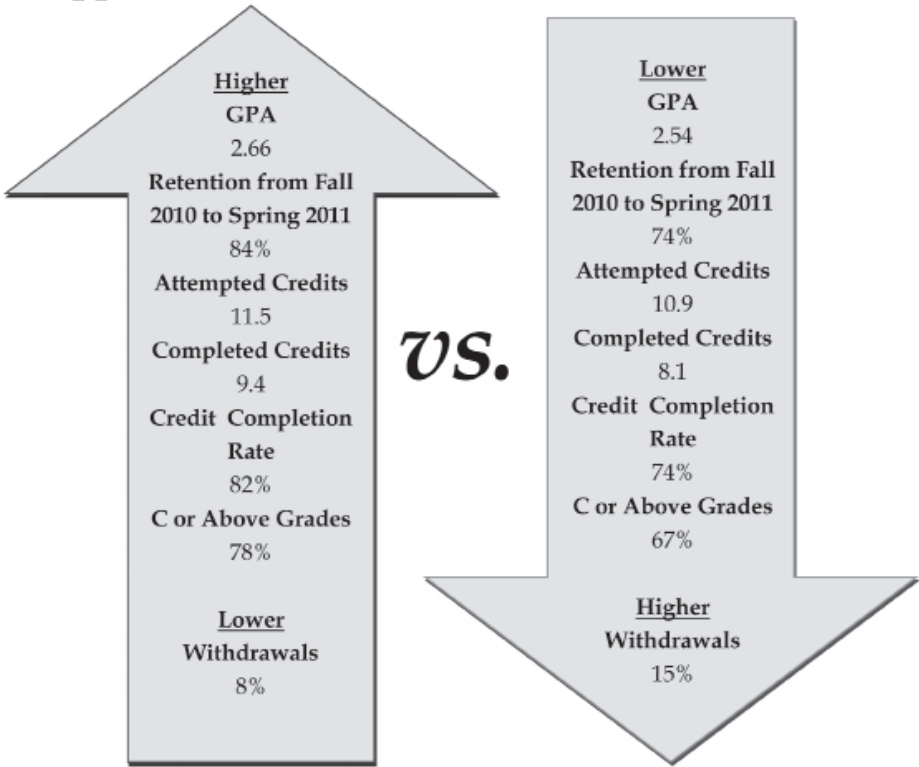


IMAGE COURTESY CENTURY COLLEGE

school, but the students are also getting better grades, which means that they're succeeding in their initial goals to increase student retention and course completion.

However, the program only succeeds when the students take advantage of the opportunity. Just as Mark Twain once said, "The man who does not read good books has no advantage over the man who can't read them." The students in class sections supported by tutors need to make use of the tutors in order to receive the benefits.

The program is also producing these results in a cost effective way for the students and the school. It benefits students' pockets by helping them complete their classes in the first try and with better grades. It benefits the school's budget by making students more aware of the option of tutoring, which leads to more efficient use of the tutors' time.

Essentially, during the TLC leader's time in class, he or she also functions as a walking advertisement for the TLC program and the Peer Tutoring Centers (Room Numbers: W2461 and E2542). This has increased the widespread usage and success of tutoring at Century.

The tutors' time is spent with more appointments than if they were solely designated to be in one place and trying to serve the entire student body. At the TLC program's core are virtuous goals that include helping students finish their classes with better grades and staying in school. The program's approval among staff and students along with its striking statistics shows that it is accomplishing these goals and that the participants truly want Century students to succeed.

They've done so well in fact that the MnSCU system recognized their success with the Innovation in Student Affairs Programming Award. The program has proven to be successful and continues to adapt to better serve the student body of Century College.



Gordon Silva helps students as a TLC tutor in an English class.

IMAGE COURTESY CENTURY COLLEGE



## Phi Theta Kappa: Inspiring Excellence at Century College

by MILES CABANA staff writer

Attention all Century College students! The statistics for graduation rates among community college students have become concerning. These alarming statistics show that 70 percent of students in 2009-2010 did not complete their two-year college degree. Furthermore, the completion rate for students who chose to transfer from a community college to a university, without a degree, was just under 60 percent. With this rate of college degree completions, in both the two-year and four-year colleges, U.S. students are now ranked number 12 in the world for college degree completions.

What?! Are these statistics really accurate?

According to a survey taken in 2009-2010 by the National Center for Higher Education Management Systems (NCHEMS), these statistics are stunningly accurate. However, Minnesota college students are hovering just above the national average, and students at Century College can continue to improve these dreary statistics by raising awareness.

The Phi Theta Kappa Honor Society is working in cooperation with Century College President, Dr. Ron Anderson in spearheading a project on campus called the *Community College Completion Corps*—also known as the *C4 project*. The C4 project was inspired by President Obama and higher education leaders who have pledged to boost college completion rates by 50 percent in the next 10 years.

For students who do not know about the organization, Phi Theta Kappa is the International Honor Society for all community colleges in the world. The words (Phi) *phronimon*, (Theta) *thumos*, and (Kappa) *katharotes* are Greek

meaning “wisdom, aspiration, and purity.” The mission of the Honor Society is to encourage scholarship among community college students, and the C4 project is a perfect example of that mission.

Kelly Gustafson, the college chapter president of PTK explained the C4 project. “C4 is meant to raise awareness of the importance of completing a community college degree or certificate, and students can become actively involved in C4 by making a moral pledge,” said Gustafson.

The Chapter President went on to say, “Phi Theta Kappa is holding an event on November 17 called *Founders Day*—in honor the founders who founded the organization in 1918. The Honor Society event will be an ice cream social where students can build their own ice cream sundae and interact with other students while making their pledge. However, students can make a pledge at anytime. All they need to do is e-mail PTK at [phithetakappa.century.edu](mailto:phithetakappa.century.edu) and officers will assist them.”

Gustafson spoke more about the C4 pledge, saying, “Any student who makes a pledge is *not* making any type of financial or legal commitment to Phi Theta Kappa or to Century College. They are simply making a pledge of awareness about the importance of completing their community college degree.”

The Chapter Vice President Lorna Gustafson commented on the alarming statistics of students not completing their community college credential, “It’s very troubling, because students who do not complete their community college degree can be easily left with a bunch of credits and nothing to show for it. When a student has a two-year college credential, they have an edge in the job market over someone with three years of college

credits and no degree. Not to mention, the longer it takes a student to complete their degree, the more complicated it becomes to finish it.”

However, the Chapter Vice President seemed optimistic of the future and was very excited about the progress of the C4 project. The VP said, “Phi Theta Kappa has already inspired 150 students at Century College to participate in the *Community College Completion Corps*, as well as thousands of other students from around the country—we are moving in the right direction.”

On the website dedicated to C4, Executive Director of PTK, Dr. Rod A. Risley explains the importance of the C4 project, “In many states, when a student completes their A.A. degree prior to transferring, public senior colleges must accept all of the student’s credits. However, if a student fails to complete their A.A. degree before transferring, it allows the University to pick and choose which courses they will and will not accept. Thus, forcing students to repeat

courses or even take additional courses to complete their baccalaureate degree—costing students time and money.”

This is good news for Minnesota community college students who complete their A.A. degree, because according to the MnSCU website, Minnesota State Colleges and Universities follow this doctrine.

PTK works very closely with the counselors at Century College and they have many tools to help support students with the completion of their community college degree—one of those tools is called [www.collegefish.org](http://www.collegefish.org). Collegefish is an informative website on how to prepare for the next level of college and where to search for scholarships.

Phi Theta Kappa will be holding more events around campus throughout the year and students are encouraged to come and be a part of the action as “provisional members.” This means anyone who is interested is welcome to participate.



PTK Officers at Spring Induction

PHOTO COURTESY PHI THETA KAPPA

## Smoke, Shoot, Snort, or Swallow?

by JULIA KELLERMANN staff writer

### INTERVIEW WITH A FORMER DRUG ADDICT

“In 2003, a disk herniated in my lower back. I was prescribed Vicodin and Flexeril.”

He was prescribed to take one of each pill every four hours, as needed. He slowly increased his medication from one of each, to four of each, at least three times daily.

“The doctors gave it to me like candy. They said it was okay for me, which was the biggest part of the problem.”

Abusing drugs is a harmful, scary, relationship-breaking act. But people still seem inclined to use. As many of you might know, chemical dependency is a life altering disease. It may be your choice to use, but after so many times of abusing drugs, your brain becomes addicted to the

feelings it possess, therefore making it a hard addiction to break. Drugs seem to be more prevalent in all of our communities, but what about drugs in our college?

“I abused the pills for 6 months. I had so many stressors in my life; work, school, money.”

“College students, especially freshmen, are a group particularly prone to stress,” says D’Zurilla & Sheedy, 1991 (Social Indicators Research). This may be because of social changes, new communities or new academic standards. But what does this have to do with drugs you wonder? Many students turn to their own coping skills such as joining gyms, starting study groups or simply taking a walk in the park every day. But then there are the few that take their stressors out on drugs.

“I went cold turkey.”

Hoping to feel relief, people often

turn to drugs for a temporary repair from stress. In 2008, 9.7 percent of Minnesota college students admitted to smoking marijuana in the past thirty days, and 6.3 percent had used illicit drugs in the past year (Statistics from the Minnesota Department of Health). “Addiction is a complex but treatable disease that affects brain function and behavior. Drugs alter the brain’s structure and how it functions, resulting in changes that persist long after drug use has ceased. This may help explain why abusers are at risk for relapse even after long periods of abstinence,” says the National Institute on Drug Abuse.

“I didn’t get rid of all the pills; to challenge myself. My mom helped me with her job profession skills, and I had reasons to quit.”

So what can we do to help our college students stay clean? Century College currently does not have a Recovery Club, but starting your own group for its intended purposes

may be helpful. Getting sponsored is another very useful tip, along with interventions, going to Narcotics Anonymous, and therapy. Maybe cold turkey is the way for you. If you think you need someone to help guide you through your process of recovery, choosing a treatment center might be the answer. It may be tricky, finding something that fits you well, but by being mindful about your specific needs, hopefully you can find a type of treatment that suits you.

“I have been sober for seven years!”

If you find yourself ready to get clean, and don’t have the resources to get going on your new journey, Century’s school nurse has readily available steps you can take in the right direction. Starting with evaluations, and figuring out what kind of assistance you need, Century is dedicated to helping you find the correct support you need.



Century Hosts 4th Annual Golf Tournament

by DAWN DREYLING  
photographer

On August 29, the Century College Foundation held its fourth annual Golf Tournament at the White Bear Lake Yacht Club. This year there were sixty four participants, and the proceeds from this event totaled \$12,700. These proceeds are used each year

costs are on the rise, it has been necessary to find ways to assist students so that they can afford to attend school.

Minnesota currently has one of the highest tuition rates in the U.S. The

Foundation and Corporate sponsors help to keep Century up to date with building upgrades,



IMAGES COURTESY CENTURY COLLEGE

to fund scholarships for students. Last year, the Foundation provided 109 scholarships, totaling approximately \$139,000.

The golf event awarded some really big prizes for its participants also. One of the items was a car sponsored by Whitiker Buick GMC for a hole in one, and an iPad and golf bag were given away.

As the state continues to cut funding to schools and tuition

emergency one-time grants through the Random Acts of Kindness program, as well as over 100 scholarships annually.

Personal testimonials from scholarship winners are posted on the Century website homepage under *Foundation* for individual viewing. Applications for future scholarships will start being accepted starting in January, 2012 for the 2012-13 academic year.

Upcoming Sports Events

The Baseball team takes part in a handful of scrimmages this fall. This is to help prepare for the spring season. Fundamentals and strategies need to be perfected during this time so that in February when the season starts, they can come out with a bang.



Wood Ducks Schedule:  
10/8 vs. Bismarck State 1/3 pm  
10/9 vs. Bismarck State 12/2 pm  
10/15 vs. Class A Amateur 1/3 pm

Despite Slow Start, Century Men’s Soccer Looks Stellar

by JOE BLUSTEIN sports editor

As school starts up again, the leaves change color on the trees and it gets colder outside; this could only mean one thing: Century College soccer season is starting up again.

When taking a look at the men’s soccer team record (1-2-1), we would assume they are having a rough season. The reason for this dismal record is simply due to having a very tough opening few games. The record obviously doesn’t show how much hard work this team puts in each and every day and practice and during games. Head Coach David Palmer agreed with the last point and added, “What will set our team apart from the others is how hard we work and



how physically conditioned we are, and I think the guys have started to show that in the last couple of games so far this season.”

Besides the Century Wood Ducks being a hard working team, they are also extremely physical. On August 31 when the Wood Ducks faced off against Anoka-Ramsey Community College, Anoka-Ramsey was up 1-0 very early. During the first few minutes, Anoka-Ramsey was looking like the stronger team, but after the Wood Ducks gave up the early goal, the Wood Ducks finally settled into the game and started playing more physically. After that, Anoka-Ramsey had an unbelievably hard time getting the ball as far as midfield due to the aggressive play of the Wood Ducks. The Wood Ducks ended up scoring three goals, although Anoka-Ramsey scored two more. The game ended in a 3-3 tie after two overtime sessions.

Along with being a physical team the Wood Ducks are also very young. Out of

the nineteen players that are on the team, fifteen are freshman. Which also means that many of these freshmen are also starting. On defense, all three starters: Ben Northrop, Patrick Dresler, and Colin Quinn are first-years.

The Wood Ducks will be facing more tough competition all season long. They look forward to tough games against the University of Minnesota Club team, Riverland Community College and Bismarck State College. However, their toughest competition will come against Dakota County Technical College and Anoka-Ramsey.

Freshman Defender Ben Northrop said the reason why these two teams were going to be the Wood Ducks toughest competition is because “Dakota County Technical College is a very talented Division 1 NCJAA team and Anoka-Ramsey is an exceptionally good team that is consistently the best team in our region.”

Sophomore midfielders Gilbert Ghong and Mohamed El Hilali along with freshmen forward Dylan Feske, and midfielder Hamid Sbai are the impact players and leaders of the team. Ghong is a speedy midfielder with outstanding vision. El Hilali is a lengthy speed demon that can take on the best the other team has to offer. Feske is a hard shooting forward with great work ethic. And Sbai, in Palmer’s eyes, is “one of our most skilled players on the team.” For the Wood Ducks to be a great team this year it’s going to be a group effort but it’s going to start with these four guys.

The scoring for the Wood Ducks has been very spread out this year. As of September 15, Ghong is the leading scorer with three goals. Ghong also leads the team in assists and points. He has four assists and ten points total. Saves on the other hand haven’t been very spread out. Freshmen Goalkeeper Matt Lindemer has played almost every minute of every game in net. He has faced 42 shots, making 33 saves, which means he has given up 9 goals. His Goals Against Average is impressive. In just four games played, he is allowing less than 2.5 goals per game.

If these four guys along with Lindemer and the rest of the team play extremely well throughout the rest of the year, there is no doubt that this team has as good a shot as any other team to make it to the NJCAA Regions 13 Championship game.

Wood Ducks Schedule:  
10/9 vs. Bismarck State College (3PM)  
10/15 vs. Crossroads College @ 12 Noon (Last home game)  
10/22-10/23 @ Anoka-Ramsey @ TBD  
(NJCAA Region VIII Tournament)



# Wood Ducks Women’s Soccer Team Showing Promise Amidst Slew of Injuries

by MATTHEW G. GILLE  
staff writer

Injuries and ineligible players spell early season trouble for the Century College Wood Ducks women’s soccer team and coach Darren Drumsta. The absence of players due to injuries and ineligibility, affecting the style of play that Drumsta wishes to incorporate, has contributed to a 0-4-0 start. The team is also made up of mostly freshmen growing into roles on the team, which has made the transition even more difficult. “Normally, we’re a passing team, but we’re forced to play a more direct style due to injuries,” said Drumsta prior to the Wood Ducks game on Sept. 9 versus the Rochester Yellow Jackets.

The Wood Ducks lost 7-1 to a veteran Rochester squad, but there is much to like about the team. Captain Emily Muellner was spirited and very active on both offense and defense, Sandra Figueroa showed speed and poise in the open field and captain Sam Anderson made plays repeatedly. “I really thought we played well and I’m proud of the team for fighting through,” said Anderson following the game.

Early in the first half, the Wood Ducks were mostly on the defensive trying to slow the Yellow Jackets attack.

Rochester’s continual pressure produced the first goal of the game, a no-doubter to the corner of the net. Shortly thereafter, the Wood Ducks matched the score at one apiece. Captain Sam Anderson netted the goal for the Wood Ducks on a penalty kick resulting from a Rochester hand pass. Late in the first half Rochester scored again to take a 2-1 lead into the intermission.

The Yellow Jackets opened the second half with increased pressure in the Wood Ducks defensive zone, scoring early and often. Sandra Figueroa, one of the Wood Ducks’ top offensive players, sat for much of the early part of the second half due to injury, reducing the Wood Ducks’ ability to press against Rochester’s defense. Regardless of Rochester’s scoring prowess, the Wood Ducks kept their composure as coach Drumsta preached discipline and commanded his players with phrases like, “Keep your head in the game! We’re still in it.” In the end, Rochester’s speed and experience took its toll on the young and injury-laden Wood Ducks.

Even though the Wood Ducks lost to the Rochester Yellow Jackets, good coaching and spirited play make the Wood Ducks Women’s Soccer team a fine product.



Captain Emily Muellner makes a break on the ball



Freshman Goalie Ella Luedtke looks to get the ball downfield



Defenseman Katie Ziniel on the play

PHOTOGRAPHS BY SCOTT HUDSON

Wood Ducks Schedule:  
10/2 @ College of St. Scholastica @ 12 Noon  
10/5 @ Anoka Ramsey CC @ 4PM  
10/9 vs. Bismarck State College @ 1PM  
10/15 @ RCTC @ 10AM



Sports Rant continued from 1

Minnesota Wild flourish in success.

The NFL lockout officially began on March 12. Now, I know that you’re



PHOTOGRAPH BY SCOTT HUDSON

saying to yourself “March 12, that’s not during the summer.” Yes, you are right there, but the talks between the owners and players weren’t productive and didn’t kick into full swing until the summer months. The lockout was then officially lifted on July 5.

Boy, I don’t know about the rest of you NFL fans but that was a scary time for me. I wasn’t sure if I was going to have to become a tennis fan or even a bowling fan; because, to be honest, that would have probably been the only professional sports on TV for a while.

The lockout coverage almost got annoying. Every night, turn on the TV and there would be a lockout story; go online, there would be a story about the lockout. Then when you think you have a lockout free zone in your car, and there is more lockout news on the radio. In the end, I am happy with the new deal that was set in place. The new deal was a ten year deal with many benefits such as benefits for retired players and a rookie pay scale. The amount teams were paying their rookies was getting ridiculous. For example, in 2010, the St. Louis Rams gave rookie QB Sam Bradford a six-year, \$76 million deal with \$50 million being guaranteed. CRAZY!

Sadly, I was hoping they wouldn’t have a season because the Vikings this year aren’t going to be that good. They lost way too much (Linebacker Ben Leber, Defenesive End Ray

Edwards, Wide Receiver Sidney Rice, and yes, Quarterback Brett Favre) and gained too little (Quarterback Donovan McNabb, Wide Receiver Michael Jenkins, and Quarterback Christian Ponder). Overall, I see them being, at the worst, a 5-11 team or, at best, a 7-9 team.

Just like the NFL had been, the NBA is being locked out right now. We could sadly all see this coming during the playoffs however. When it comes down to it, the NBA wasn’t making enough money, the owners were getting angry, and so were the players. Attendances throughout the league were dramatically down this year. The only team I see actually maybe making an increase in attendance was the Miami Heat, because of the arrival of Lebron James and Chris Bosh.

I honestly don’t see the NBA figuring out this lockout situation anytime soon. My prediction is that we won’t have the NBA all this season and about half of next season as well. No worries for Minnesota Timberwolves fans however. We are actually happy there is a lockout. In the past two years combined the Timberwolves record is 32-132. Thirty two wins in two years! Really?

The Timberwolves did their best to stay in the news because of the lack of a head coach. The names of Hall of Fame coaches Larry Brown, Don Nelson, and Rick Adelman, along with former Timberwolves player Sam Mitchell, were all names being speculated as a possible fit for the team. Finally, on September 14, the search for a new coach ended when they hired Rick Adelman. Adelman is one of my favorite coaches in the NBA. He has coached in this league for over twenty years starting in 1988 with the Portland Trail Blazers. He also has the characteristic of coaching teams that were bad at the beginning (just like the Timberwolves) and making them into a playoff team a couple years down the road. I see this for the Timberwolves; except, I don’t think it will be as quick as some of the teams he has coached previously.

Spanish sensation point guard Ricky Rubio, power forward/center Kevin Love, and rookie small forward/power forward Derrick Williams are the future of this organization. When I mean future, however, I mean ten to fifteen years from now before they are good again. Yes, they are that bad!

If you didn’t think we could get any worse, it does. The Minnesota Twins have been an utter disappointment this year. As of September 20, the

Twins are 29.5 games back of first place and eliminated from the playoffs.

I would like to state an apology to all my readers. Last semester I wrote a Twins preview. In the preview, I stated the Twins would win the American League Central Division, and I also said Tsuyoshi

Nishioka was going to be good. I was just way too optimistic, but, again, I apologize. I think this might be the downfall of the Twins for a while. The Twins minor league system, which was once known as one of the best in the league, is now deflated with little or no talent at all. It’s that time of the year again, where all the mathematically eliminated teams from the playoffs call up their best prospects and see how they would play in the big leagues. I have to be completely honest, I really like everyone the Twins have called up so far. I think outfielder Joe Benson could definitely start on Opening Day 2012. I also think first basemen Chris Parmelee could be either a backup first basemen or a starting designated hitter next year; I also see pitcher Liam Hendriks playing with the Twins again at some point during the season.

This offseason for the Twins is going to not only be rough but interesting as well. I believe they will let some fan favorites explore opportunities with other teams (Outfielders Michael Cuddyear and Jason Kubel). I see them keeping the same starting rotation and maybe adding a couple relief pitchers here and there. Finally, I believe the Twins will buy-out the rest of Tsuyoshi Nishioka’s contract and let him go back to Japan. This last move I suggested is one move the Twins need to make. Nishioka isn’t major league ready at all. He has trouble picking up which pitch is which when he is batting, and he has the trouble just picking up the ball in general when he is in the field. Overall this was just an experiment for the Twins, which failed. So, now cut the ties with him and let him go somewhere else.

The Lynx have been nothing but amazing this year. Sadly, the Lynx have the best record in the WNBA, but nobody really knows that because they are never talked about or get any television exposure. This team has some of the best talent any Minnesota team has ever seen. They have Guard/Forward Seimone Augustus, Forward Maya Moore who won the WNBA Rookie of the Year award, and home grown talent Guard Lindsay Whalen. Many journalists around the Minneapolis/St. Paul area are saying Whalen is going to be the WNBA



IMAGE COURTESY THE NHL

Most Valuable Player. I see this team playing great through the playoffs and then winning the first WNBA championship in franchise history.

The Minnesota Wild have made some huge splashes this summer with the addition of Forwards Dany Heatley and Devin Setoguchi. With both scoring more than twenty goals last season for the San Jose Sharks, they are both going to bring a few things to the Wild that they desperately need.

The first thing they will bring is speed. The Wild, over the past few years, have been very slow. They have had trouble getting around the defense of their opponents, which is the reason why they can’t score. The next thing is scoring. In the past two years, the Wild have one of the worst goals per game statistic in the league. On the other hand, Heatley, Setoguchi, and the San Jose Sharks over that time period were one of the top teams in that statistic. Finally they will bring a change in philosophy. Ever since 2000 when the Wild were founded, they have used the philosophy of pass first, shoot later. This philosophy is very boring to watch and also just doesn’t work in the NHL. Now, with the addition of these two guys, the philosophy is more forget about passing, and just shoot, shoot, and keep shooting some more.

I’m gonna go out on a limb and say this year the Wild will be the dark horse (surprise) team in the NHL. They are a fast, young hockey team that will create havoc for opposing goaltenders. They also finally have a star and a supporting cast around him. This was the one problem when they had their star, Forward Marian Gaborik. They had the star but could never find the right pieces to support him. This year, I see the Wild competing with the Vancouver Canucks for the Northwest Division Title and then getting past the first round of the playoffs.

Summer 2011 was rough for the sporting world nationally and locally except for the Minnesota Lynx and Minnesota Wild. It’s been almost twenty years since a professional team has brought home the gold to Minnesota. Let’s Go Lynx and Wild! Make Minnesota proud!



IMAGE COURTESY THE WNBA



## Fall Play Preview: The Diviners

by MATTHEW HOEMKE staff writer

Century is offering more than a new play this fall; they are offering a new way to experience the entire production! This fall's play, *The Diviners*, will incorporate a newly installed multi-media production. It will blend live acting with visual projections and multifaceted sound, which will integrate true to life sounds. This is all done to enhance the viewing aspects of the play and ultimate enjoyment for the audience.

The *Diviners* is a 1930s rural America homage to a Greek tragedy that is described as a lyrical fable. Set in southern Indiana, we follow Buddy, a man haunted by a tragic past and terrible fear of water,



IMAGE COURTESY CENTURY COLLEGE

who strikes a friendship with a disillusioned preacher named C.C. Showers. Buddy is special in that he can procure water, which he does to aid a town ravaged by drought.

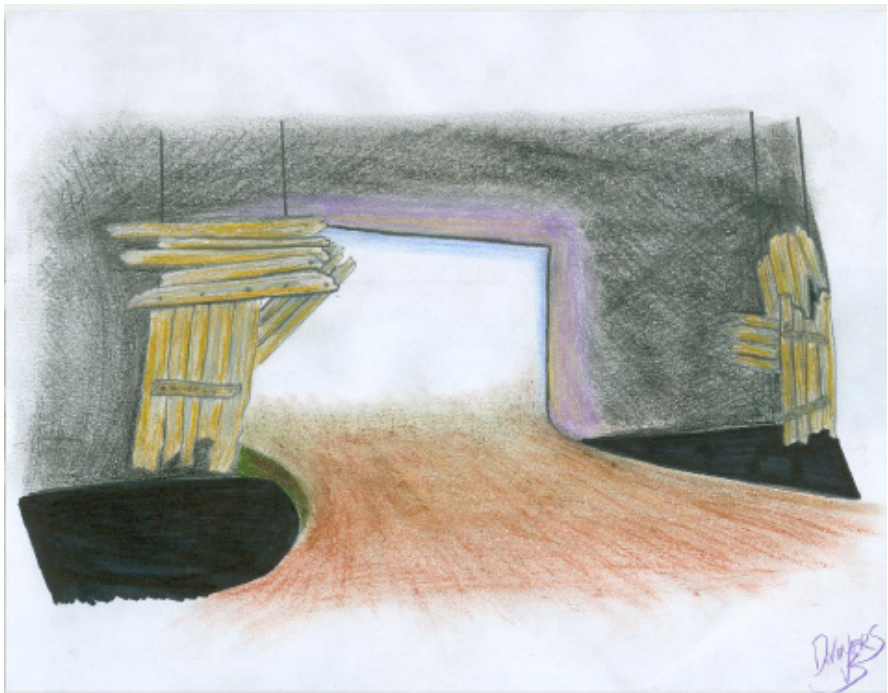
C.C. Showers seeks employment from Buddy, but upon discovering his gifted nature devotes himself to the man who sets in motion a chain of events that impacts the whole community.

"Tragedy dogs both characters, which is why they connect so well in the play; at the same time, they remain likable, fun characters," says show producer Roberta Cullen. When asked what the show could be boiled down to, in a single word, she said, "Life. A meaty drama will invite people in and hold them. It will challenge them to reflect on life and death issues."

Scenic Designer Will Slayden emphasized the excitement over the new format for the presentation of the play. He described the set as very minimalistic. The backgrounds will be painted in with projected video, one of which being a river that will play a huge part. "This gives a different experience and modernizes it for audiences," he said when asked about the introduced technology. "We are shooting for an emotional journey for the audience," he went on to say.

This interesting premise, along with the new presentation of visual and aural performance, will surely attract audiences in a way that has never been done at Century College. This play has potential to deliver a singularly unique and entertaining experience that only the live theatre can offer, but presented to an MTV world.

*The Diviners* opens October 14 at 7:30 PM.



Rough sketch of set design

IMAGE COURTESY WILL SLAYDEN

Performances on the following dates and times:  
Oct. 14, 15, 21 and 22 at 7:30 p.m.

Sunday matinees on:  
Oct. 16 and 23 at 2 p.m

## Hyperactive Media Club

by MATT STICE staff writer

Hyperactive Media club is responsible for documenting about everything going on at Century; whether it's filming Student Success day or making ID cards. Hyperactive Media Club covers all VCT divisions.



IMAGES COURTESY LAWRENCE ERSKIN

People can experience the club, not only on an academic level, but also on a social one; meaning that new members can easily talk to the other members of the club and not worry about impressions or right or wrong answers. This club is also a must for hands-on learners and people who are taking video, photography, graphic design, multi-media, design basics, or any other VCT class. People who aren't

in VCT are also welcome to join and help out, whether they want to design a poster for a Film festival, or shoot b-roll video footage for a dance. You name it! The possibilities are endless; earlier this summer the club went rock climbing in St. Paul and before that they held their very first Film Festival where anyone, staff or student, was granted to showcase their 10-minute films.

Whether it's an event going on at school, one hosted by our very Hyperactive Media club (Film Fest), or just going about town hanging out and meeting new people. Hyperactive Media Club is now open for anyone; whether they're interested in Art, Video, or Graphic design.

If interested in joining or have any questions about scheduling or



hours, feel free to contact Lawrence at [lawrence\\_erskin@yahoo.com](mailto:lawrence_erskin@yahoo.com), or just stop on by next Tuesday in the East Campus Cafeteria's conference room at 2:30 pm.

## Common Book 2011: Zeitoun

DAVE EGGERS - author

In August, 2005, New Orleans and the entire gulf coast braced for Hurricane Katrina, a category five storm that would eventually take more than 1800 lives and cost more than \$81 billion. Most of the city's population had either evacuated or moved to shelters like the Louisiana Superdome.

Abdulrahman Zeitoun did not. Zeitoun, a middle-aged father of four, originally from Syria, stayed behind to look after his rental property, his business and to help his neighbors.

"Zeitoun", by Dave Eggers, chronicles the events surrounding Katrina from the perspective of one man. It is a personal story of one family dealing with normal family issues, as well as a story of a country and a government dealing with a natural disaster, post-September 11.

Eggers is the author of many other works, including the critically acclaimed 2000 memoir, "A Heartbreaking Work of Staggering Genius". More than five years after Hurricane Katrina, "Zeitoun" is an interesting, provocative and important work that pushes readers to question themselves and their country.

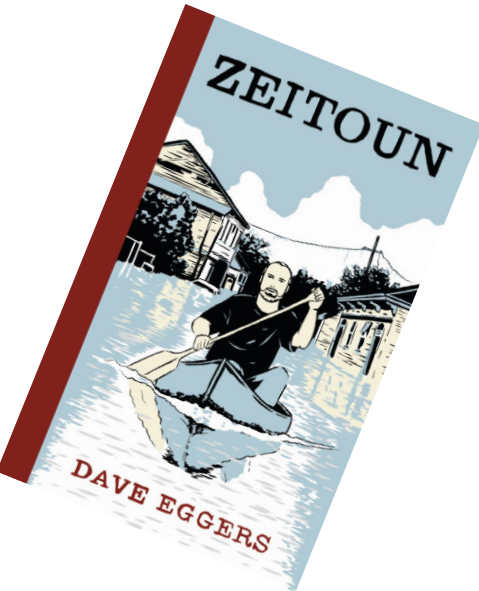


IMAGE COURTESY OF THE ZEITOUN FOUNDATION

We would love to hear how you are using the Century College Common book. If you have any comments or questions, please contact:

Amanda Olson  
Chair, Common Book Committee  
651.747.4058



## Did the economy help redefine traditional students?

by CHIQUITA M. PLOWMAN staff writer

When I first started college in 1997, the economy was great, the housing market was at an all time high, and things were stable. However, I have returned as a working adult in my middle thirties needing a career change. The only way to achieve that was to come to school full time. Before returning to school here at Century, I worked for a non-profit organization where my job depended on government funding.

Typically, the demographics at a Community College are younger students in the day and mostly older students at night, but when I came to Century I noticed that I was not the only older student in the day classes.

As a student I noticed an age difference in the students during the day. I see more adult students in class now than I did in 1997. It seems more common now to have three or more adult students in my class this time as a day student. My observation about this diversity during the day got me to ask “Did the economy help redefine the traditional students?”

Interviewing students here at Century College showed that they all had things in common. Most of the students had the same reasons for coming back.

“I wanted to go back to help my family and further my education,” said Miles Cabana. An older student, Cabana is very active, has made the honor roll, and is a member of Phi-Theta Kappa. Cabana returned to college at 34. He is now 37 and ready to graduate this semester. “I came back because as a carpenter, the work slowed down.”

With the increased number of adult students here at Century College from 2006 to 2010, there has been an increase in the hiring of teachers. Matthew Doeringsfield is a new Biology teacher. This is his second year teaching at Century. Doeringsfield says with the increase in enrollment he has had extra classes to teach this year.

Most students that have come back to school have had some college experience in their life. The reality is that some students have never had any college in their lives. They have always worked jobs and are another example of students entering college life and changing the demographics.

*The Century Times* sat down with Andy Gammons, Advisor and Marketing Director, to discuss the increase of adult students. Gammons works with adult students coming back to school.

“Since 2009-10 there has been a 40 percent jump due to the economy.” Gammons said, “There are a lot of programs available for adults entering

student life. The Dislocated Worker Program it is operated by the Minnesota Workforce Center. If you’re a worker who has been laid off (or notified that a layoff is coming) through no fault of your own, the work force program offers services at no cost that focus on preparing you to find a suitable new job.”

TCT: Who is considered an adult student?

A: Anyone over 25

TCT: What are some of the challenges that most adult student being gone face in the new technology world?

A: The student maybe worried about the process of coming back of transferring credits and the new technology of school of keeping up. The balancing act of their personal lives

TCT: Are there any benefits for adult learners?

A: Century has a great retraining and tutoring for all students. There is an adult support here on campus for adult learners. At Century there is a support group for adult learns it is called College Pathways.

TCT: How can we get information about College Path ways the support group?

A: They meet four times this semester. And for more information Contact Brian Vrtis at Brian.Vrtis@century.edu or call 651-779-3223

Since there are a lot of nontraditional students becoming more involved at Century, here are five helpful tips in are helpful tips in becoming a traditional day student. So grab your backpacks and Laptops.

1. Have a support system at home. Have family back-up plan, such as if you are going to be late picking-up the children. Sometimes you just have to put off laundry!

2. Finding ways to pay for school is always a challenge. We are not coming straight out of high school. Find out about other ways to earn money for school, and check out the financial aid office to help with other resources.

3. Find out about campus activities. They can lead you to scholarships.

4. Utilize peer tutoring, the Writing Center and computer center. Not only may these help you with better grades, but may be part of earning your grade. The computer center can help you even when you get stuck on D2L and school email!

5. Attend College Pathways, a support group for adult learners.

These few steps will hopefully not only help you as a student here at Century, but make your life a little less stressful and add to your success in your college career.



IMAGE COURTESY WWW.ICHATDATE.ORG

## Friends Without Benefits: Is it Possible?

by CASSIE HUFFMYIER staff writer

It’s a topic that’s become quite common in our society; can guys and girls be strictly friends? No relationship or “benefits,” as it’s called. This is an especially interesting question at a co-ed campus such as Century. With men and women mixed in classes, clubs and throughout campus, there are bound to be some issues regarding this topic.

Shannon Grane, a 19-year-old female student here at Century, says that guys and girls can definitely be friends; “I have guy friends that there is no attraction to- from the beginning, when there are no expectations for dating or romantic intimacy, it is certainly possible to enjoy a friendship with someone of the opposite sex.” Even so, some would say that there is a thin line between platonic behavior and non.

With movies like “No Strings Attached” and “Friends with Benefits” coming out, in which two friends of the opposite sex decide that it’s a good idea to add more to the friendship without making it serious. It seems the thing for young people to do these days is engage in casual “friendships” in which they are also receiving some kind of sexual or romantic fulfillment without having to commit. Has our society started moving so

fast that now men and women don’t even have time to just enjoy each other’s company without needing to get something out of it?

Matt, a second-year student, makes a good point; “attraction is a dynamic thing, it can evolve throughout the course of the friendship. At some point, someone will wonder what it would be like to date the other person, since they are so compatible as friends.” At that point, the friendship will need to evolve into a dating relationship, a reaffirmation that a friendship is better than nothing, or a break-up as friends. Therefore, friendship between men and women is complicated and can become a constant struggle, indicating that in practice it’s impossible.

There are, however, exceptions to the rule. For instance, if it’s a long-distance friendship in which the two people only talk on the phone, if you dated at one point and mutually agreed that it worked better as friends or if one person isn’t interested in people of the opposite sex.

So, overall, a friendship between men and women is possible in some cases but it takes work. When “benefits” are factored in, situations often become messy and the friendship becomes more a thing of convenience, with no solid basis.



The Brain Aide

by DANIELLE MULLANEY staff writer

The new school year is upon all Century College students. This means getting our brains off the beach, out of the pool, out of the good fiction book we’ve been leisurely reading, and back in the classroom. Taking notes is a part of that, and depending on the class, it can be a long and painful process; especially if you’re using pen and paper.

Granted, I know a lot of us are using computers these days so that takes some of the strain off our writing hand, but even if that solves the problem of strain, think about how much freedom Microsoft Word really offers as far as taking detailed notes. Yeah, you can type, put things in color, and emphasize things by putting them in bold and italics, but not much else.

After you’ve worked really hard on an assignment, it’s time to turn it in. This means finding it on your computer’s hard drive, which is often as much work as the assignment itself. I’m pretty sure we’ve all been in a state panic at one point during our time at Century over a huge paper or project we’re positive we saved but can’t find. Much later, after either pulling an all-nighter to redo

it or throwing something together in the few remaining minutes before class, we discover it was there all along. Neither the all-nighter nor the scramble before class is an ideal situation. Good news though! There’s a solution for all these potential issues.

It’s called OneNote, and it’s a program included with most Microsoft Office products. If your product doesn’t have it, the latest version unfortunately isn’t available as a separate download. However, the 2003 and earlier versions are. With OneNote, you can do so many things to help you get and stay organized! In this article, I’m going to talk about how it’s laid out, how you can customize it to suit your needs, and maybe most intriguing of all, how it got its nickname of the “Brain Aide.”

On the left you have notebooks, on the top there are sections, and on the right you have the pages. Think of it as being able to have a notebook for each class all in one place.

You can name each notebook according to your class schedule, and choose its color. You have the ability to have as many notebooks as you want or need, and up to three “open” at a time. If they’re open, it means they appear on the left hand side. This feature is convenient if you’re one of the Century students who take

multiple classes each semester, but end up having to take more notes for some than others. You can keep your more frequently used notebooks open so access to them is always just a click away! Don’t worry though, it’s not much more time consuming to open a notebook that isn’t already. It’s just a few more clicks of your mouse.

Next, there are sections. Think of these sections as the sections you use in a three ring binder. For my Newspaper Practicum notebook, I currently have three sections: “Class Notes”, “Story Ideas”, and “Stories”. “Class Notes” is where I keep all important information pertaining to the class, such as deadlines. “Story Ideas” is where I brainstorm for stories, and finally “Stories” is where I actually write my stories. Why not just write them in Microsoft Word? Simple: Word doesn’t automatically save like OneNote. Losing work isn’t fun.

Lastly, there are pages. On the surface, they’re pretty self-explanatory. They act like pages in a standard notebook. You can title them however you wish, and create as many as you want. Dig a bit deeper though, and you’ll find that OneNote allows you to go far beyond notebook paper and pen! Take the act of brainstorming, for example.

Remember those brainstorming “webs” we made in elementary school? Those days are back! You can add shapes, lines, and arrows to help you organize your thoughts and write assignments more efficiently. As well as add clip art, voice recordings, tables, and much more! Being able to click and type or draw anywhere on a page is a perk, too.

Students of all ages who use it say it helps them take better notes and makes studying for tests easier. All the information they need for each class is neatly organized and at their fingertips. Not only that, but their notes are laid out in the way they can comprehend best because they wrote them. Gone are the days of simply copying off the overhead or chalkboard. Go crazy if you want! After all, they’re your notes. You have to read and study from them later.

Some even refer to it as the “Brain Aide.” After seeing all it can do, it’s pretty fitting. So, rather than struggling with multiple notebooks and folders in an attempt to stay organized this semester, give your brain a bit of a break with the help of the Brain Aide!

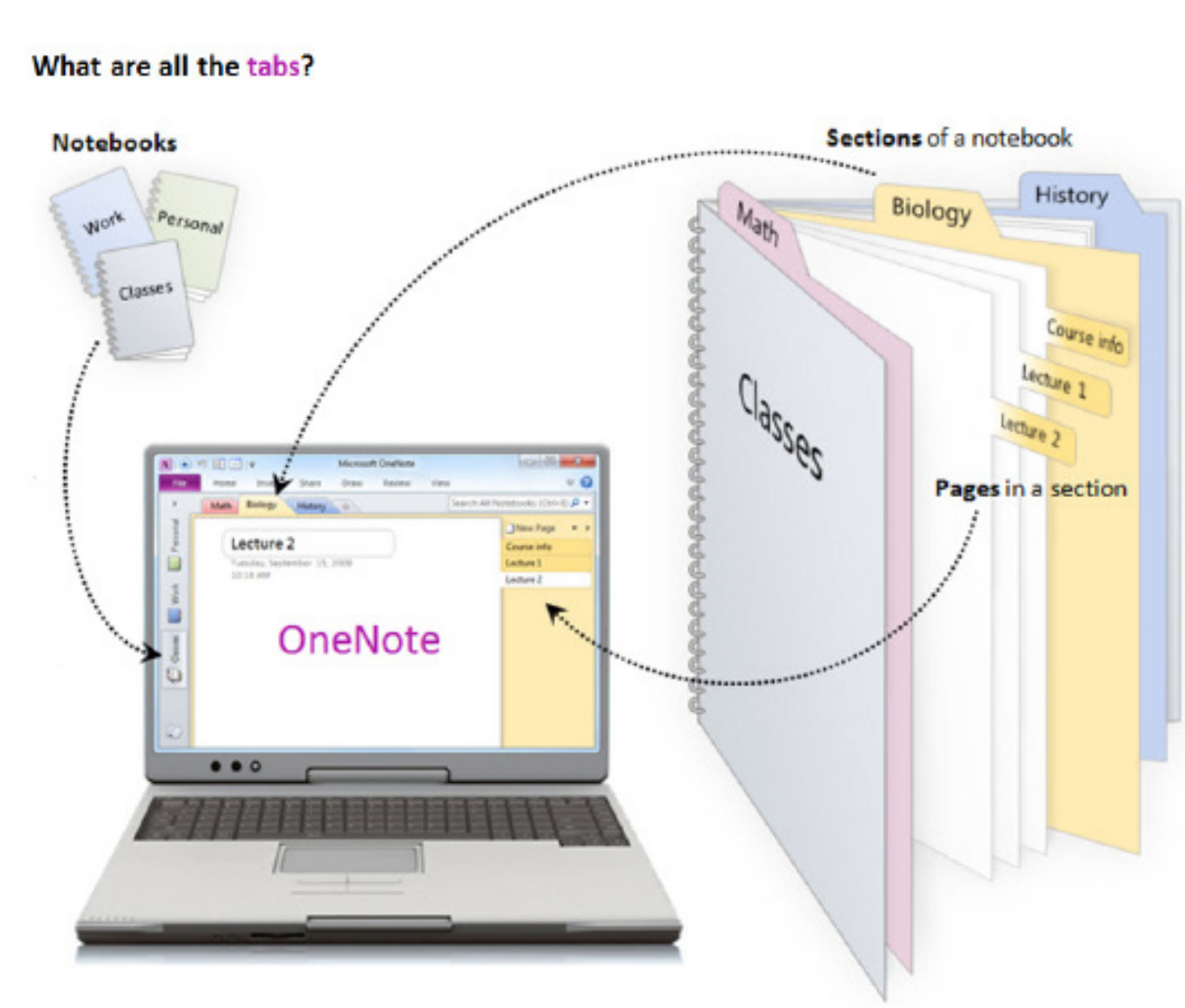


IMAGE COURTESY OF MICROSOFT

ATTENTION ARTISTS AND GRAPHIC DESIGNERS!



The Century Times wants to give you a chance to put your mark on the paper, too. Your student newspaper needs a new logo, and in keeping with our mission, the staff wants to represent and feature student work.

See page 12 for details!



# Games

## ATTENTION ARTISTS AND GRAPHIC DESIGNERS:

The Century Times is your campus newspaper. Everything in it, from the stories and photos, to the layout and design, is done by your fellow students.

The Century Times wants to give you a chance to put your mark on the paper, too. Your student newspaper needs a new logo, and in keeping with our mission, the staff wants to represent and feature student work.

If you are currently a Century College student, we invite you to submit an original logo design for consideration. The Century Times editorial board will be deciding the finalists and winner. Should your logo be selected, it will make its debut this fall in Issue #3 and featured in the nameplate on the cover of the paper for many years to come.

Aside from the gratification of knowing it's your logo everyone will associate with the paper, there's also a \$50 gift card to the bookstore for the winner.

Logo design entries are due Monday, October 24 by noon. The finalists and winner will be notified by Monday, October 31 and announced in fall semester's Issue 3.

To submit your design, follow these guidelines:

- 1. Attach an original, full-color logo design via a PDF attachment to The Century Times adviser at [beth.mayer@century.edu](mailto:beth.mayer@century.edu)
- 2. Submit the following contact information in the body of an e-mail: your full name, your phone number, and your Century e-mail address.

So, what are you waiting for? Get creative, submit an original logo design, and good luck!

DAILY  
JUMBLE

F I R D T

E S R S D

A A X L Y G

Y T E S S M

\* SOLUTION \*

You can polish that song tomorrow. Want some scrambled eggs?

I'll eat later. I believe I can finish it today.

9/26

PAUL DIDN'T WANT TO PUT OFF FINISHING THIS UNTIL TOMORROW.

### Instructions

Un-jumble the four words on the left. Write the letters in the answer squares. The circled letters in each of these answers become the jumbled letters to answer the game's cartoon clue.

### Medium

2		9	4	6				
4				5			1	
	6		7		2			
		2		4	5		9	6
1	7	4			9	8	3	
								4
8			2					3
		1		3	6			8
	5	3				2		

## SUDOKU

### How-To

Each row, column and box must end up containing all of the numbers from 1 to 9.

Each number can only appear once in a row, column or box.

### Medium

5		2	7		3	8		4
3	6				1	5		2
				2				
6		4			8			
				9	2		7	5
			3			1		
			6			9		3
1	3							6
2					9			