

# More to your health

by ELIZABETH FURSMAN staff writer

According to a 2008 American College Health Association survey, within the previous year 30% of College students reported feeling depressed to the point where it adversely affected their ability to function, 49% reported feelings of anxiety and more than 6% had "seriously considered suicide."

Mental illnesses are more common among school grounds than one may think, so it's a good thing that schools like Century offer a wide variety of support to student's mental health.

It is very important that those dealing with mental illness are able to recognize it and work through it, because of the high suicide rates among college students caused by untreated depression. Studies done by APA's Healthy Minds have found that suicide is the second leading cause of death among college students, so it is crucial that students are aware of the Mental Health Services available to them on Campus.

An example of a resource offered by Century was the events that were held for National Mental Illness Awareness Week in the beginning of October. Kari Chaffee, a member of the Century College

Counseling department, stated that "This year, we had many participants for the in-person mental health screenings and online screening," which goes to show many are struggling with the uncertainty of mental illness.

The first event of the week was called "In Our Own Voice." It included guest speakers from the National Alliance of Mental Illness (NAMI) who provided an educational program on mental illnesses and shared their "compelling personal stories of hope and recovery," as stated in the all-student e-mail sent out about the event.

"In Our Own Voice" was followed by a Depression Screening Day, where students were given the opportunity to take a confidential questionnaire that included screening of depression, alcohol abuse, eating disorders, bipolar disorder, generalized anxiety, and post traumatic stress disorder. Online questionnaires are still available at [www.gpslifeplan.org/century](http://www.gpslifeplan.org/century) and are free of charge. The test doesn't aim to diagnose but rather offers suggestions on whether or not you should be concerned about or seek help for your symptoms.

The third and final event of National Mental Illness Awareness



IMAGE COURTESY GOOGLE

was "Depression and the College Student." Here, students were shown a brief video followed by discussion. According to Chaffee, "the counseling center plan to repeat our video presentation and discussion of Depression and the College Student twice during Student Success Day in February".

Century offers personal counseling for students in crisis; the Counseling Center is located in Room W2410 and can be reached by phone at 651-779-3285. Stated in the Counseling and Career Services brochure, "you can discuss and explore areas of concern that

may interfere with academic success, such as transition to college, test anxiety, time management, stress management, mental health, relationships, and identity issues." If you are interested at all in meeting with a counselor, feel free to make an appointment at any time.

Century has a wide variety of experienced counselors who encourage students to stop in any time; Karen Machlica, M. Ed, has been with Century for seven years. Along with Brian Vrtis, Machlica is one of the counselors involved with the Mental Illness Committee which consists of students, staff, Health continued on 2

# Temple Grandin fills Lincoln Mall

by MYRANDA BECKMANN copy editor

Hundreds of people crowded into the Lincoln Mall on east campus. The crowd was so large that people filled the mall and the overflow room to the point where people were standing in the hallway outside to listen in. One of the largest groups Century College has seen in quite some time buzzed with excitement as people waited for the latest speaker in Century College's Speaker Series, Dr. Temple Grandin, to begin her presentation.

Grandin's lecture, "My Experiences with Autism, and Working Hard to Have a Successful Career," offered advice and lessons for more than just those that have autism or work with autistic people. Animal lovers, people interested in psychology and career-minded students alike find wisdom in her words as well as a matter-of-fact, witty tone that made her lecture both concise and fascinating.

Grandin holds a PhD in Animal Science and is currently a professor at Colorado State University. She is most well-known for working with and designing equipment for cattle-handling facilities such as ranches and meat plants, and she has written several books on animals and animal behavior. Grandin continued on 2



IMAGE COURTESY GOOGLE

# Free doctor on Century College campus

by KELL BLUTE MOE staff writer

Many students may have been aware of Century College Health Service that is available to them. But some may not know that Century College has a free doctor on the campus. This service is offered by Matthew C. Monteiro, MD.

Dr. Monteiro began coming to Century in September, 2010. He is a general family physician from Family Health Services Minnesota (FHSM) at the White Bear Clinic, located on Bellaire Avenue. According to Molly Bonin, Health Service Director, Dr. Monteiro is not supported or sponsored by anyone to come to Century College. He voluntarily comes to Century to offer visits to students because he wants to provide a needed service, enjoys his profession and wants to educate people. "He is a very, nice, sensitive and warm kind man," said Dianne Landes, one of the nurses at Health Service.

Dr. Monteiro provides different types of services, such as medical examinations, prescribing medication, referring students to specialized care if needed, and giving health counseling to students. No health insurance or additional costs are needed for credit-earning Century students to see Dr. Monteiro. However, students would be responsible for prescription medication costs and any further specialized care expenses.

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PHOTO BY SCOTT HUDSON

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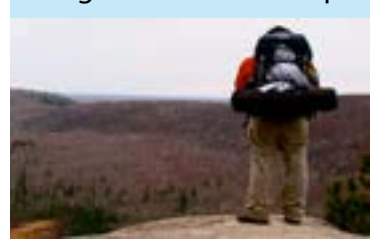
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## Temple Grandin



PHOTO BY SCOTT HUDSON

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Born with severe symptoms of autism, Grandin has overcome many obstacles to achieve her success. Thanks to the help from her mother, aunt and a few special teachers she learned how to speak and became a completely independent person. Today, her unique way of thinking gives her an invaluable perspective in the work she does.

In her speech, Grandin used her expertise with autism and an animal to help us understand different ways of thinking. She was full of advice for parents and people who work with autistic children, teaching them ways to help autistic children become more independent and reassuring them that autistic people "never stop learning."

Using the story of her own experience and a variety of slides, Grandin gave us an inside look at how autistic children think. She found that the similarities between animals and autistic people are striking. Both are what Grandin called "visual thinkers." They think in specific detailed pictures, which she likened to a computer full of files of photographs.

Grandin also found that the similarities between animals and autistic people are striking; most people actually ignore details which are glaringly apparent to an autistic child or even a horse.

After demonstrating and explaining different ways of thinking, Grandin went on to summarize her career and explain different things that young people—both on and off the spectrum of autism—can do to broaden their opportunities and meet their career goals.

"I sell my work, not myself," Grandin stated as she showed a slide that featured one of her own designed; a beautiful, detailed drawing of curved cattle chutes. She put emphasis on the advantages of creating a portfolio of work to show to potential employers and colleges and she also encouraged students to stay on the lookout for opportunities.

Her words of wisdom for the audience were "there is no magic singleturning point. You've just got to keep learning." This is advice that everyone, whether or not they are autistic or interested in learning about animals, can take to heart.

If you missed Grandin's Oct. 20 lecture, a video-recording of it will be available in the Century College library for viewing.



IMAGE COURTESY GOOGLE

## College fair at Century

by LIZ BROWN staff writer

You may have seen the posters sprinkled around campus last month announcing the Century College Transfer Information Days. Representatives from colleges and non-traditional programs across Minnesota came to Century at the end of October so that students could browse the tables, speak with admissions representatives and get information about the numerous educational options available after Century.

A wide variety of universities and colleges were represented at the college fair, including the University of Minnesota, MCAD, the U.S. Army and the College of St. Scholastica.

If you missed out on the fair but still want information, I encourage you to visit any of the visiting schools' websites for more information.



PHOTO BY SCOTT HUDSON

## Mental health

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and faculty that aggressively pursue the mental well being of students here at Century.

Though help is provided for many troubles among college students, Machlica reports that the problems most frequently seen are depression, relationship issues, adjusting to college and finding a balance between work, school, and relationships.

Short-term counseling is offered at Century and a referral will be made if you wish to pursue long-term counseling. Medication may be prescribed by the doctor on campus who is available every Monday from 10 AM-1 PM; the appointment is free of charge but the prescriptions are not.

The counseling center has

a wide range of referral agencies and contact information for treatment centers throughout the Twin Cities and if you are looking for resources, you can find an abundance of them at [www.gpslifeplan.org/century](http://www.gpslifeplan.org/century). If you just can't wait for an appointment, the counseling center has a crisis intervention procedure that mandates a person in crisis must be seen immediately.

Whether you are setting up a future appointment, seeking immediate help through the crisis intervention procedure or just browsing to see what GPS has to offer, these services can help. Remember, mental illnesses are very common and you're not the only one. Do not be ashamed to seek help, you're worth it!



IMAGE COURTESY GOOGLE

## Being grateful (for things that are free)

by DANIELLE MULLANEY staff writer

The 2010 Holiday season is quickly approaching; almost all the trees are bare, the days are much shorter, there's more of a bite in the air and that cold four-letters-word most of us dread is upon us.

When the words "holiday season" are brought up, certain things usually come to mind: warm smells, how and where to hang Christmas decorations, planning which parties you're going to attend and—oh, yes—who's getting what gift.

But with wallets closed a little tighter this season, that last tradition may be further from your mind and if it's not, you're probably trying to come up with ways to keep it alive.

You may have questions such as, what happens if I just can't make it work financially? Does a gift have to be a material thing? What if I just can't find the perfect material thing? In a year, will there be any true memories connected to the material things I receive or give this year?

Now, imagine that there were no more material things to buy. What would you give the ones you care about instead? A recent survey of Century students has shown that oftentimes it's the intangible things that mean the most!

When asked what she was grateful for, sophomore and Co-Editor in Chief for *The Cen-*

*Century Times* Sherina Wies said, "I am grateful for my family and friends, especially my best friend Caleb." She goes on to explain, "He is important in my life because no matter what he has always been there for me; he is more like a brother than a friend."

Erick Ervas, also a Century student and Co-Editor in Chief for TCT says, "I'm grateful for diversity. Century is filled with different types of people and I try to get to know the people I feel aren't anything like me. What surprises me is, no matter how different we all may be, the genuine interest of just having a conversation and getting to know each other is very educating. You learn a lot and understand other people's perspectives."

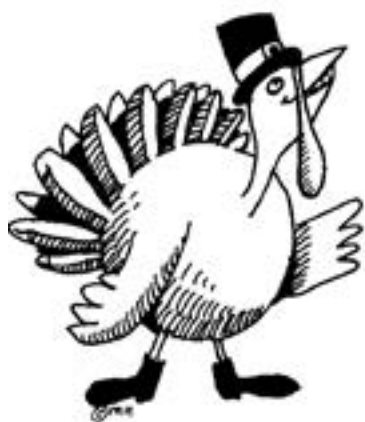


IMAGE COURTESY GOOGLE

tives on things when you get to know someone who isn't like you; I'm grateful for the people who have given me a better perspective on life, essentially."

The thoughts of Wies and Ervas were echoed in one form or another everywhere I turned. It's rather astonishing how, in this time of economic hardship, most people are easily able to find happiness in things that cost little to no money! This is just what the holiday season should be about, don't you think?

Here are a few low cost ideas:

- A hand-written letter, mailed the old-fashioned way. You might be surprised at the joy it brings the recipient and you!
- Reminiscing over old memories with loved ones.
- Playing a board game together.
- Last, but certainly not least, sharing a meal together without electronic distractions, including T.V. and cell phones!

Instead of worrying about the perfect material gift this season, give a gift that's likely to be much more precious and everlasting: the gift of memories, which can't be taken away!

## Relax: cheap ways to reduce stress

by SHERINA WIES co-editor in chief

For the average college student, life is stressful and money is tight. This combination means that students don't get as much time to relax.

Relaxation can mean many different things to each person. For some people, things considered a luxury are the ultimate relaxation, while for others, spending time with friends is what unwinds them.

Just by doing a little research ahead of time, students can get great deals on relaxing activities.

Spa-type relaxation tends to be on the pricier side of things with massages, hair appointments, nail appointments and facials, but there are a few tricks to save some cash. One money saver is to go to

a beauty school for discounted services; Century even has monthly cosmetology specials ranging from colors and cuts to waxing and facials. For more information on the services offered by Century Cosmetology—or to book an appointment—call 651-779-5756.

Going to the movie theater has been a staple in American culture for going out and enjoying yourself since the 1920s. In recent years, it seems that not only have the costs of snacks at the theaters been increasing but also the ticket price. A good way to spend a little less cash is to check out your local theater for matinees or \$5 movie times. Many of the deals now occurring during the week days as well as weekends, just call a few local theaters before hand in order to decide

which has the best deal. Cut back on the cost of snacks and drinks by stopping by a gas station on the way for bottled beverages and food that can be carried in your purse.

Many things that seem to be a little too expensive on your student budget can be a bargain if you're willing to do the research. Don't be afraid to ask if there is any way to get a discount with a student I.D. or as a new customer. Clothing stores are now offering student discounts and many salons or other services offer discounts for new customers or referrals. Being the first of your friends to try a place then receiving a referral discount while they receive a new customer discount can lead to fun days with friends.

Another place to check for unbelievable deals is online. Just be sure that you do your research before paying for something over the internet so you know it's not a scam. A few reputable websites to take a look at include [crowdcut.com](http://crowdcut.com) (coupons on things ranging from restaurants and groceries to salons and hotels), [living-social.com](http://living-social.com), [half-off-twin-cities.com](http://half-off-twin-cities.com) and [gogosavings.com](http://gogosavings.com).

A little investigating can lead to an even more relaxing experience knowing you are getting a great deal.



IMAGE COURTESY GOOGLE

## Minnesota nice: a random act of kindness

by MELODY MARQUART DARLING staff writer



IMAGE COURTESY GOOGLE

Record high unemployment rates, the sluggish economy, home foreclosures, and mudslinging political ads; these are just a few of the stories being covered in recent U.S. news reports. It's time for some good news.

I've decided to share with all of you a personal experience I had last weekend, because it has changed my attitude about people and way I view the world. It was a good reminder to me that there are still good and decent people in the world.

It was Saturday October 30th and my husband Scott and I were looking forward to going to the MN Wild vs. Chicago Blackhawks hockey game. We arrived at the Xcel Energy Center and found a parking spot in the River Center parking ramp right across the street from the arena.

As Scott backed into the parking spot and put our car into park it quit running and died. Thankfully it didn't die on the freeway or in heavy traffic. It died as

soon as we got to where we were going. This in itself was amazing to us.

We decided we were lucky to be safe and sound at the arena and that we would not let the car trouble ruin our evening. If all else failed we would just have to take a taxi home. I still wonder what a taxi ride would have cost going from the Xcel Energy center to our house in Forest Lake. Not cheap I'm sure.

Being a avid hockey fans we had a great night. The Blackhawks won the game and we enjoyed our evening out. As we made our way out of the arena Scott decided he would try the car one more time to see if it would start. If it didn't he would call a taxi.

The car didn't start. The battery was cranking but nothing else was happening. Scott was about to call for a taxi when four people approached us as they headed to their car. It turned out they were parked right next to us. One of the women asked if we needed

to jump the battery, and Scott told her that the battery was fine. Well, she would not let it go. She insisted that they would give us a ride home and we both knew that she was not going to take NO for an answer.

Three of the people had to huddle together in order for me to get into the back seat and Scott sat in the front. The entire ride home was incredible. First of all I could not believe that these folks were really giving us, "perfect strangers" a ride home. It was all very surreal. The ride home "literally" sped by because we had a great conversation and talked about many different things.

I mentioned the fact that it is hard to be nice to strangers these days because people can never know whom to trust. One of the women laughed and replied, "But there are four of us and only two of you. If you had tried to rob us or something, I figured we could take you because we outnumbered you." This caused much laughter especially due to the fact that they were older than us and retired.

We arrived home and as we got out of the car Scott got his wallet out and tried to give them some money for the gas they used, but they refused to take it. At this time I mentioned how grateful I was for their kindness and thanked them. The last thing one of the women said to us was, "Please, just help the next person

## Free doctor

Doctor continued from 1

Dr. Monteiro comes to Century College every Monday from 10:15 am to 12:45 pm to see students who need medical care. Walk-ins or scheduled appointments are available. To learn more about the doctor or make an appointment, contact Century College Health Services at 651-779-3954. Students can also visit the Health Service on the East Campus, room 2232, which is on the second floor, during regular office hours to talk to the nurses. The office hours are: Monday, Tuesday, and Friday (8 am to 2 pm), Wednesday and Thursday (8 am to 4 pm).

Students have been using his services and the number of appointments scheduled has increased since Dr. Monteiro started at Century. "As students hear about this opportunity, we have had many calls and appointments. We hope to increase the number of patients in the future," said Bonin. This is a fantastic opportunity that students can take advantage of. Century students are fortunate to have a free doctor.



PHOTO BY SCOTT HUDSON

you run across who is having trouble and pay it forward." They stayed in the driveway and waited for us to get safely inside before they drove off and headed home to where ever they live in Fridley.

We never got their last names or their addresses. Later, we wished we had, so we could send them a proper thank-you and perhaps a gift card for a nice dinner out.

This experience has not escaped my mind. Its impact on me was such that I felt compelled to share the story as a way to publicly thank them and share their message. It was a valuable lesson in kindness and generosity. It was an important reminder that there are still good and wonderful people in the world. What a great example these people are for the rest of us.

I have also come to realize that people should not wait for someone to do something nice for them before they do something nice

for someone else. There is absolutely nothing wrong with being the one to start the chain of kind acts. What a great world this would be if everyone adopted this attitude and way of thinking.

Perhaps I can't change the world, but I can change my own attitude and how I deal with others. I can make a difference in my little corner of the world just by being more aware of what's going on around me. As long as I have the willingness to lend a hand when I see that help is needed; I will not only be 'paying it forward', but I will also be planting seeds.

Here is my challenge to all of us: Let's make ourselves be known as leaders, not only in our school community, but out in the broader world as well. Let us always be good examples for our fellow classmates and be people of good character that are making a positive difference in the lives of others.

Have a safe and Happy Thanksgiving.



IMAGE COURTESY GOOGLE

# Arts & Features

## Artist profile: B FRESH revolutionizes media

by CASSIE HUFFMYER copy editor

Create. Empower. Revolutionize. This is the slogan of Rebecca "B FRESH" McDonald's business, B FRESH Photography and Media. McDonald is a local photographer, journalist and publicist from the Twin Cities, working in hip-hop, arts and entertainment. She has recently taken the big step in expanding her business to New York City. She has photographed some not-so-mainstream artists but also some of the biggest names in music, from The Black Eyed Peas to Madonna to the late Michael Larsen (aka Eyedea), a beloved underground hip-hop artist in the Twin Cities.

Upon first meeting McDonald, one might be surprised at the amount of things such as a small person can carry. Standing at about five feet tall, on a regular day she is toting around her laptop, camera, at least one extra flash, extra batteries and when shooting weddings, a strobe light set up, extension cords and tripod.

Her camera is stored in a custom-made bag created in her company's colors, black and purple. It features a collage of pictures and a large, cursive B. It's loud, eye-catching and beautiful. It makes a statement—much like B FRESH herself—who is small only in stature. The moniker "B FRESH" evolved from "Little Ma," a childhood nickname given to her by her mom. "In high school, the name evolved, and my friends started calling me 'Lil' B,' also because I am short," she says with a laugh. "I was given a car air-freshener by my cousin with a bee on it that said 'Bee Fresh.' I dropped the two Es, and there you have it!"

McDonald has an aura of great strength, as well as genuine sweetness and curiosity for the world around her that led her not only to become a journalist, but also a storyteller. Her green eyes light up excitedly as she talks about her passion and career, which are one in the same for her.

McDonald defines herself as a "freelance multi-media artist and journalist, specializing in photographing people, events and concerts in a unique and innovative way." Despite her big successes as a photographer over the last few years, this multi-talented woman didn't get the start in photography that you'd expect. Growing up, she recalls, "My father was always taking pictures and videotaping things, but I thought I was artistically void and had no skill in the 'arts.' So I took choir instead of an art class. I had a video camera in high school, but when that broke my interest in documenting my life through film quickly faded."

Fortunately, that interest was reignited on Jan. 16, 2005, after playing around with a point-and-shoot camera she bought with her dad. "I remember that day in January, when I realized I could do this! I loved taking photographs, and it was a lot of fun, even though I didn't know much technically. I took it everywhere with me, photographing theatrical productions, day trips and hip-hop performances."

B FRESH did her first official photo shoot (with that same point-and-shoot camera) in the spring of 2006 for entry into the B-Girl Be Visual Art Exhibition, with her roommate Tasha Rose Terry as the model. After being invited into the gallery show by curator DeAnna Cummings, she gained the con-

fidence to shoot more and ask for photo-passes.

On Oct. 30, 2006 she was given her first official photo-pass from Rhymesayers' J-Bird and shot a Psalm One show at the historic First Avenue nightclub. Within two years, she would be shooting Madonna at Madison Square Garden during her first trip to New York City.

McDonald focused on her studies for a while but found herself once again falling in love with shooting hip-hop concerts and posting the shots on her Myspace blog with a huge watermark.

When shooting KRS One when he came into town in April of 2008, she recalls, "A friend, Kyle Myhre (aka local rapper Guante) said the web editor, Jeff Shaw, at City Pages was looking for images from the show to post. I connected with him and after contributing photos from that show, he asked me to continue shooting for City Pages, which I have been doing ever since."

As a jack-of-all-trades, she has also been involved with political journalism, reporting live from the 2008 election for Rock the Vote and with Green Party Vice Presidential candidate Rosa Clemente on her speaking tours. McDonald is the owner and only employee of B FRESH Photography and Media, working 18-hour days, scheduling and coordinating all of her own appointments, among many other things.



IMAGE COURTESY B FRESH PHOTOGRAPHY AND MEDIA



IMAGE COURTESY B FRESH PHOTOGRAPHY AND MEDIA

Proving that hard work is the only path to success, she says, "There is never a 'normal' day in my life. I don't have an office space, so I typically work from home and meet with clients and collaborators across the city. I answer emails in the morning, shoot in the afternoon and process photos in the evening before going to cover a dance night or concert (now for The Village Voice, City Pages' sister publication in New York). I am a night owl, so I get most creative in the late night hours."

She describes all of this with calm enthusiasm, not the exhaustion or frustration one might think. "I did not realize I would be working 'round the clock, but I have made sure to take time out and reflect and rejuvenate."

Many of us wonder what it's like to own a successful business at the age of 26 and meet famous people. Although she is around these celebrities more often than the rest of us, she doesn't let it get to her head. "What I know now, that I did not realize before, is that famous people are just like anyone else. They are just self-conscious and concerned about how people perceive them."

Another thing is that B FRESH doesn't fit the "cut-throat journalist" stereotype in the least. The way she views it is, "I knew that whatever career I did choose, I would do good with the power I have. I would never want to misrepresent someone or their ideas." It can be argued that this is a re-

freshing outlook in an age of journalists who seem like they are out to exploit others rather than tell their actual story.

Though McDonald loves her work, being an artist and a businesswoman at the same time can be challenging. "Being in business for yourself as a freelance artist can be challenging because you are, in many cases, your own boss, accountant, marketing coordinator, booking agent, legal representative, bill collector and PR Representative. This can weigh on actually doing your art. I am sure I will always be in search of the right balance."

Above all else, McDonald considers herself a social entrepreneur and proudly states that her work "aims to mobilize public consciousness and incite community power development, bringing my passions for social justice to the forefront." She said, "I have focused on developing my artistic voice by telling complex stories of creative minds, empowerment and revolution. I hope to create social value with my work—filling a void in media coverage and the arts that has an obvious unbalanced approach—with the absences of the voices of youth, women and people of color."

She mobilizes social consciousness not only through photojournalism but also through developing marketing campaigns, making documentaries, teaching and consulting. She recently photographed, filmed, interviewed and edited 10 extraordinary artist profiles for the Minneapolis organization, Intermedia Arts, an arts center that "aims to be a catalyst that builds understanding among people through art," according to the mission statement.

What makes McDonald's work unique is that she works from her heart, "finding inspiration through every day happenings as well as images that are out of the ordinary and make me feel something, anything that moves me, really." Her images are vivid and moving; looking at them, it is not hard to imagine the emotion that was felt in the moment she snapped the shot. It almost feels as though the subject is going to pop off the screen or page.

Photographer. Journalist. Documentarian. Warrior for social justice. There are many ways to describe Rebecca "B FRESH" McDonald, but for her, what it all boils down to is one simple quote by Audrey Lourde, tattooed on the inside of her left wrist, "The revolution is ourselves, our lives." She firmly believes that "change in the world begins with me, with you." She said, "We all have the power to make a difference in our lives, and the lives of others. Do something nice for someone. Say something beautiful to your partner. Embrace those who are different from you. Start every day with a positive attitude. People will notice and follow suit."

There is no telling where B FRESH's passion will take her next, but one thing is clear; wherever she ends up, whatever lives and experiences she comes into contact with, she will continue to create, empower and revolutionize.

# Arts & Features

## Local Noise—remembering Eyedea

by ERICK ERVAS co-editor in chief

On Oct. 16, 2010 Michael "Eyedea" Larsen passed away at the age of 28. He was known for his music with Eyedea & Abilities, with longtime friend and DJ, Gregory Keltgen aka DJ Abilities. Eyedea also made music under the name Oliver Hart and with bands Face Candy and Carbon Carousel. He was also a member of the indie-hop record label Rhymesayers Entertainment.

Along with friends and label mates, Brother Ali and Atmosphere, Eyedea played a big part in the rise of Rhymesayers Entertainment. In 1999, Eyedea won Scribble Jam, a nationally known freestyle competition that aired on HBO, giving the then 19-year-old Eyedea and Rhymesayers Entertainment nationwide recognition. Since then, the label has grown to be one of independent music's biggest record labels, having signed big name artists such as Freeway (former member of Jay-Z's Roc-A-Fella Records), Grieves, and Grammy Award Winner Evidence (of Dilated Peoples) to go along with Twin Cities underground legends such as P.O.S. of Doomtree, MF Doom, Musab, Blueprint and Psalm One.

Music fans across the country will always remember Eyedea for his renowned freestyle/battle abilities, quick wit, and rapid delivery. However, it was his raw energy and infectious passion for life that makes this tragic event hurt so much more. There's no telling how long it will take our music scene to recuperate; in fact, I don't think we will ever fully recover.

Eyedea touched many lives, and the days following his death my Twitter Feed was filled with Eyedea memories and words of comfort from his closest friends, label mates, and fans. Here are some of the Tweets:

"In 1999 I started going to Eyedea's crib to freestyle and play each other our new music. I was 21, he was 17 and I looked up to him."  
—Brother Ali

"Just heard the terrible news about Eyedea. Thoughts and prayers going out to the countless friends and family of a true hometown legend."  
—Lazerbeak of Doomtree

"I feel like we lost that talented kid in class, who was absent half the time, but always entertained us when he was there. #RIPEyedea"  
—Chaz Kangas

"The body is finite, but Eyedeas are forever."  
—FranzDiego.Com



IMAGE COURTESY GOOGLE

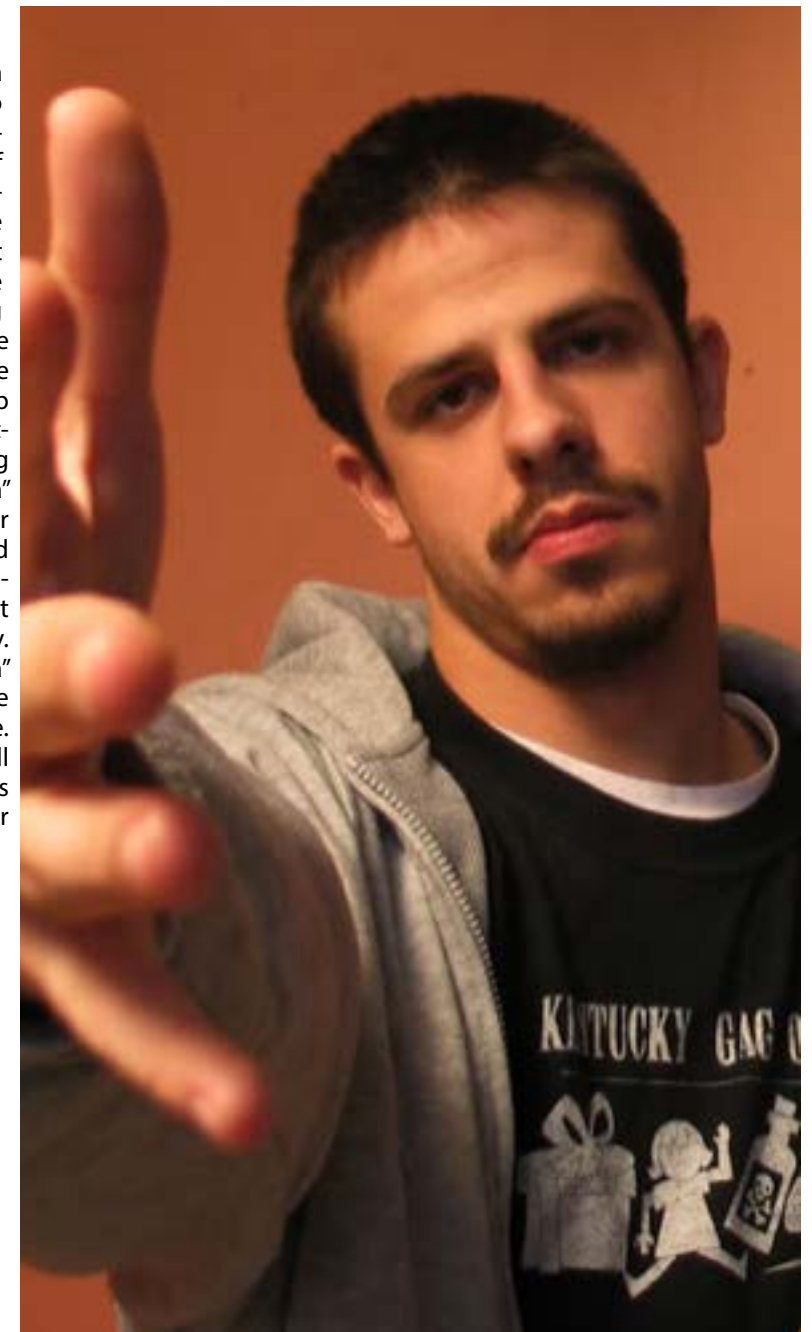


IMAGE COURTESY WEALLGOTEM.COM

### Upcoming Shows

- Nov. 22—Joshua Radin @ First Avenue, 6 pm
- Nov. 23—No Age @ 7th St. Entry, 8 pm
- Nov. 28—Atmosphere @ First Avenue, 8 pm
- Dec. 4—Mason Jennings @ First Avenue, 6 pm
- Dec. 8—John Lennon Tribute @ First Avenue, 6:30 pm
- Dec. 10—Doomtree Blowout VI @ First Avenue, 8 pm (21+)
- Dec. 17—Soul Asylum @ First Avenue, 8 pm

## 7th annual holiday craft fair

by MELODY MARQUART DARLING staff writer

It's that time of year again. The little goblins are done trick or treating and the zombies have been laid to rest. With Halloween behind us and the brisk weather approaching, it's time to start thinking about the upcoming holiday season.

The 7th annual Century College Craft Fair will be held on Thursday November 18th. Proceeds from the Craft Fair will benefit the Century College Foundation and will directly help students applying for Foundation Scholarships next year.

This is the perfect opportunity to get a jump-start on your holiday shopping, and find unique and one of a kind gifts for your friends and family.

Some of this year's vendors will include: Antique Jewelry, Beauty Control, Books, Gift Baskets, Homemade Jewelry, Ornaments, Personalized Bags, Premier Jewelry, Scentsy, Tastefully Simple, Therapeutic Bags, Unique Postcards, Watercolor Art, and Woodcrafts.

There will also be a silent auction which will include items that have been donated by the participating vendors. For those with a sweet tooth or those looking for a midday sugar rush, there will also be a bake sale table where you can buy yourself a treat or two. Come out and help support the Century College Foundation. By supporting the Foundation you are also helping students who will be applying for scholarships in 2011-2012.

**Who:** You!  
**What:** 7th Annual Century College Craft Fair  
**When:** Thursday, Nov. 18, 2010  
**Time:** 9am – 3pm  
**Where:** East Campus, Lincoln Mall  
**Why:** For Fun!



IMAGE COURTESY GOOGLE



IMAGE COURTESY CENTURY COLLEGE

## Tettegouche State Park

by WILLIAM TREMBLEY art editor

Up, up, up you climb. The muscles in your legs burn. It's not a vertical climb, but it's close enough. You slip and nearly fall but catch yourself at the last moment. After a few more minutes of pushing yourself through the pain, you finally reach the top of the mountain and walk to the edge. You look down over cliff to see the trees 300 feet below you. Every direction you turn you can see for miles. This is Tettegouche State Park, and here are nine good reasons to visit.

### 9. It's far away...

No, just because something is closer doesn't mean it's better. The park is located about an hour past Duluth along the North Shore of Lake Superior. Something about the long, scenic drive makes a trip to the Tettegouche feel that much more adventurous. Yes, it's a long drive, but when you return home, you will feel like you really accomplished something.

### 8. Breath-taking views

It's difficult to capture with a camera the exhilaration of standing at the peak of a mountain and seeing for miles and miles, but Tettegouche is full of these awesome views that you can't see anywhere else in Minnesota.

### 7. On Lake Superior

It isn't called "superior" for nothing. The world's largest freshwater lake provides quite an amazing sight. As Minnesotans, we are accustomed to water and most of us are not unfamiliar with lakes, however, there is something quite extraordinary about looking across a vast body of water and not being able to see the other side.

### 6. Camping variety

This park has an enormous selection of different camping/lodging options. There are twenty-eight of the classic "drive-in" sites, but there are so many more. Many sites have electricity and cater to RVs, but they also have two group camps, thirteen cart-in sites, six walk-in sites, five back-packing sites (located along the Superior Hiking Trail), four cabins, and even five sites that are accessible by kayak only!

### 5. Rock climbing

Did you know there are only four state parks in Minnesota at which you can rock climb? Tettegouche is one of them. Both Shovel Point and Palisade Head are great places to climb right over Lake Superior.

### 4. Waterfalls

There are three waterfalls in Tettegouche State Park: The Cascades, Two Step Falls, and High Falls. High Falls, located on the Baptism River, happens to be the highest waterfall in the state of Minnesota.

### 3. Mountains in Minnesota?

The "Land of 10,000 Lakes" is not known for its mountains, but along the North Shore, the Sawtooth Mountain Range can be seen rising high up into the sky. Sure, these are no Rocky Mountains, but let's face it, we don't have a lot to choose from. Climb to the top of Mt. Trudee and you will find a view like none other in Minnesota.

### 2. Palisade Head

Probably one of the coolest rock formations around. 1.1 billion years ago, lava flows formed these cliffs. Crawl to the edge to look down a good 200 feet into the blue waters of Lake Superior.

### 1. Superior Hiking Trail

The true champion of hiking trails in Minnesota. In fact, Backpacker Magazine rated the Superior Hiking Trail the second best hiking trail in the nation in 2000. The trail is actually 277 miles of footpath that extend from Duluth to the Canadian border. 12 miles of this world-renowned hiking trail reside within Tettegouche State Park.

According to MapQuest, Tettegouche State Park is a 3 1/2-hour, 206-mile drive from Century College. Parking is \$5 per day (unless you already have a Minnesota State Park permit) and campsites are \$20 per night. The park is open 365 days per year. For more information visit [http://www.dnr.state.mn.us/state\\_parks/tettegouche/index.html](http://www.dnr.state.mn.us/state_parks/tettegouche/index.html)



PHOTO BY WILLIAM TREMBLEY

## Women Wood Ducks look forward to next season

by JOE BLUSTEIN assistant sports editor

This season has been one to forget for the Century Women's soccer team. A record of 1-11-2 was something that Head Coach Darren Drumsta didn't want to see, but he said, "The improvement throughout the year is a positive sign for the future."

On the third weekend in October, Century College took part in a playoff tournament in Rochester. They will not be the best team there, but they are going into the tournament as the spoiler or the bracket buster. They can be that type of team because they have shown some glimmer of hope during the year.

For example in their last game on Oct. 17 against Waldorf, they played fantastic. The Wood Ducks made things interesting all game by never backing down, and playing their style of game which is visibly led by the stellar defensive core of Nicole Lee and Kristin McIntosh.

Thanks to these defensive stars, the game ended in a 0-0 tie. After the game, Coach Drumsta was ecstatic with the way his team played saying, "The result today was great—playing against a reserve four-year school and [to] have the results we did. This shows positive signs for good things to come."



PHOTO BY DAWN DREYLING

Unfortunately, the spoiler mentality didn't work as well in the tournament, because a very talented Rochester Community and Technical College team ended the Wood Ducks' season. After the game was over, forward Angela Cruz got everyone together and said these words, "It's not all about winning; it's about having fun and doing your best on the field."

In the Waldorf game and even through the season some players have stepped up their games and have become leaders on the team. Angela Cruz, for example, is a speedy, quick player who has an unbelievably powerful kick when she gets a chance to take a shot on goal. She led the team with three goals and had one assist.

Goalkeeper Kelly Jahnke has also stepped her game up. She is a brick wall once she steps in goal that also has an outstanding boot; once she gets a save, she kicks the ball half way down the field.

Like the great sports announcer Al Michaels said after the "Miracle on Ice," "Do you believe in Miracles? Yes!" Unfortunately, there were no miracles for the Wood Ducks this year, and with all the talent this team had it hurts a little bit more. Now that the season is over, all Coach Drumsta can do is look up to the positives of this season and say, "Well, there's always next year."

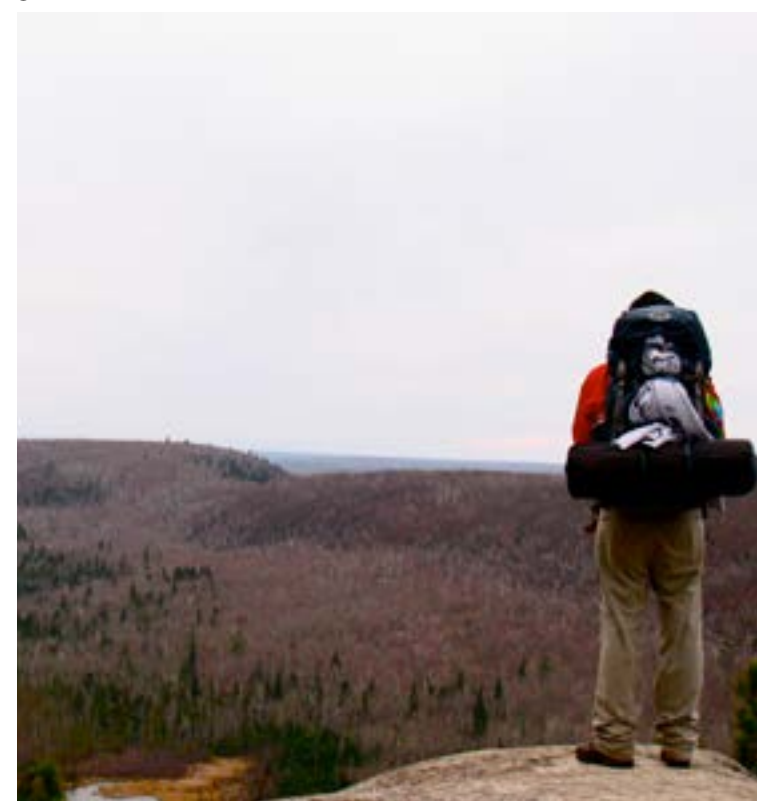


PHOTO BY ESTHER ABRAHAMSON

# A Greener Century

## Century commits to environmental innovation

by FORRESTER PACK staff writer



IMAGE COURTESY GOOGLE

For several decades now, both the international and American community have been aware of climate change and have taken steps to slow or stop it completely. Popular culture today terms this revolution the "green movement."

In the 1990s many of the world's leading countries signed a pact to reduce carbon emissions and curb factory pollutants. In the United States, during the middle part of last decade, then-President Bush signed initiatives to reduce our dependence on foreign fuels by broadening government subsidies for renewable fuels, such as Midwestern powerhouses set, ethanol.

Four years ago, Gov. Tim Pawlenty signed a pledge to convert the state to renewable energy sources, at the tune of 25 percent, by 2020.

Recently, Century College added a "green" energy program, complete with certificate. Teachers and researchers highly-tenured in the energy field have been completing work and teaching at the college, including Professor John Oughton, a highly educated energy teacher. But the "greener" moves and gyrations haven't been limited to the academic dance floor; several energy saving concepts have been incorporated elsewhere around campus.

There [has] been a lot going on over the last three years," said Pamela Thinesen, a Century College biology teacher. "President Litecky signed the American College and University Presidents' Climate Commitment in 2007 and formed a climate committee to carry out the goals of the commitment in 2008," she continued. "Basically, we've committed to reducing campus greenhouse gas emissions 50 percent by 2020 and becoming climate neutral by 2040."

In many facets of a Century student's life, the race to be "green" that the college has been running during the last four to five years has been noticeable. The college has asked students to supply personal and public energy consumption information (like transportation habits) online, in order to better learn student energy habits and costs. The school's Climate Committee has set benchmarks for the building to reduce its environmental footprint, such as:

- Allowing Minnesota WasteWise, a division of the Minnesota Pollution Control Agency, to audit the school's waste habits, then modifying and improving upon the results (such as adding recycling stations near every trash receptacle).
- Modifying paper use (since this past spring, the copy/printer paper used contains 30 percent recycled content).
- Allowing a Lancer Food Service representative to attend Climate Committee meetings to gauge how to make the food service unit "greener."
- Testing the energy saving capabilities of Vending Misers, a "greener" vending machine by Jim Tjossem, Century's Plant Operation Director, and others.
- Holding "green" events throughout the academic year to educate and inform the community on the college's energy awareness efforts such as: the Nov. 17 Renewable Energy event headed by 3M retiree Louis Asher; a Jan. 19, 2011 event headlined by Dr. Chris Wells of the Environmental Department at Macalester College linking cars, homes, and energy sustainability; and a May 18, 2011 horticultural seminar headed by Angie Hong of the Washington Conservation District explaining how native and rain gardens, as well as shoreline gardens, can save gardeners time as well as improve water quality.

As future-sighted and beneficial as these events, scholarly advice, and constructional undertakings are, the true impact is sure to be felt by the student body.

So, how does a student learn more about these innovative projects? By visiting <http://presidentsclimatecommitment.org> to view the Century Climate Committee actions and take an even more personal role in the greening of the college.

## An irreverent look at going green

by JOSH MILLER layout designer editor/humorist

The craze of "going green" may not just be a silly fad after all. Going green can save consumers some green of their own. With "green" light bulbs one can use the same light bulb for well over a few years. A "green" washer and dryer are more energy friendly, so you use less water and power. You can even make your roof green by planting something green on top of it. We may ask ourselves: why isn't everyone going green if it saves so much money?

The answer just may be in statistics. The numbers game that everyone ends up playing involves, you guessed it, numbers. And it is expensive to start your new green home. Those green light bulbs? They cost twice as much as regular incandescent ones. A "green" washer and dryer? Three times as much as the old school energy hogs. However, scientists, and economists, and I will tell you, in the long run, these initial costs will balance out, even benefiting the consumer. Unfortunately, this is where I believe the green trend may fail: as Americans, we are simply not good at waiting. Granted, trying to save the world on a budget can seem like a daunting task. But take heart, America!

"Going green" can be easy, cheap and fast, just the way we like it! And I say it's time to be held accountable for our actions. There is no excuse! It is time to do green the free way.

Here are my tips on "going green" for those of us with money and those without:

### WITHOUT MONEY

1. Save water and don't take showers every day
2. Don't use plates. Eat over the sink!
3. Tell your kids to unplug everything from all the outlets
4. Have more bonfires! (Cook over them as well)
5. No more plastic utensils! Use your hands!

### WITH MONEY

1. Buy boxes and boxes of energy saving light bulbs
2. Tell your servants to unplug everything from all the outlets
3. Throw a "Green Party" to show off that you are, in fact, a Greenie
4. Buy that energy saving washer and dryer, a low power Hi-Def television, a Hybrid SUV, and some candles.
5. Buy less stuff

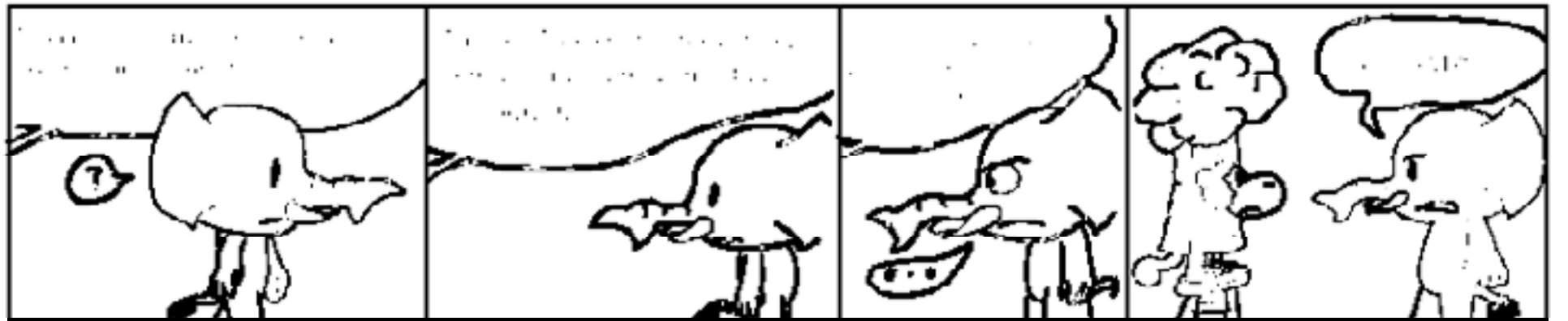


IMAGE COURTESY GOOGLE



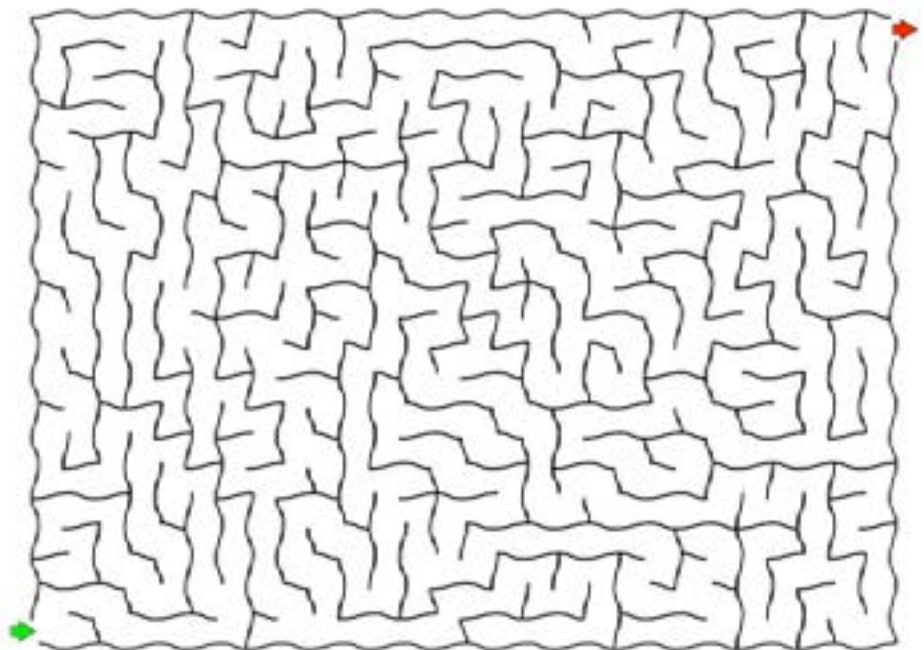
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It's a  
**WILD  
WORLD**  
By Peter Schumacher



COMICS BY PETER SCHUMACHER

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The Century Times is dedicated to covering the activities, events, interests and people of Century College. It is a laboratory for journalism students designed to serve the total school community. All opinions are of the student staff members and do not necessarily reflect the views of all Century College students, staff, faculty or administration.

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