

THE CENTURY TIMES

2019 Spring Issue 2

Self-care on Century Campus

Take Care of Yourself

You are the only you
that you have.

Self-Care

Everyone
Needs It

Have a place where
you feel mentally and
physically safe.

Pay it Forward

Help others
Be Active

Respect yourself
Love yourself First
Stay Healthy
Stay stress free

Be mindful
Be thoughtful
Take a breather
Be cautious



PROCRASTINATION

COMING

SOON...

MAYBE..

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Editor in Chief
Gwenita Hairston

Managing Editor
Chase Eyikor

Lead Copy Editor
Gwenita Hairston
Tanita Cronk

Lead Creative Writing
Editor
Tanita Cronk

Staff Writers
Davis Leaf
Emma Barnes
Sara Jorgenson
Bethany Lee

Layout Designers
Reid Malnati
Gwenita Hairston

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Email should include:

your name

page number

location of Woody



This is not the Woody
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TheCenturyTimes.com
Facebook.com/

TheCenturyTimes

TheCenturyTimes@century.edu
651.779.3268

3300 Century Avenue North,
W1340
White Bear Lake, Minnesota
55110

Self-Care Apps: How Your Phone Can Help

Cas Pilon | Staff Writer

With all the things phones can do, it's little wonder there's so many apps out there. When one thinks of apps, though, they may think only of social media- Twitter, Instagram, etc., or games- Candy Crush and all the rest. The truth is, there's many more apps for many more uses, the most important of which may be self-care. Here's just a sample of the many apps out there, available on iOS and Android, at your disposal.

1. Booster Buddy

For those who love animals, Booster Buddy is an excellent app; for those who don't, it's still a great tool. Booster Buddy allows you to pick between a rabbit, a fox, and a raccoon to help you get through your day. There's a calendar where you can mark which days you took your meds (in the morning and the evening), and it functions as a normal calendar as well.

The main premise of the app, however, is that your animal buddy needs help waking up. In order to wake him up, you need to perform three randomly selected self-care 'quests', which range from things like researching jobs to making emergency plans for when you're in a crisis.

Booster Buddy also contains many instructional self-care guides on subjects such as getting sleep, avoiding drug and alcohol use, and working up motivation.

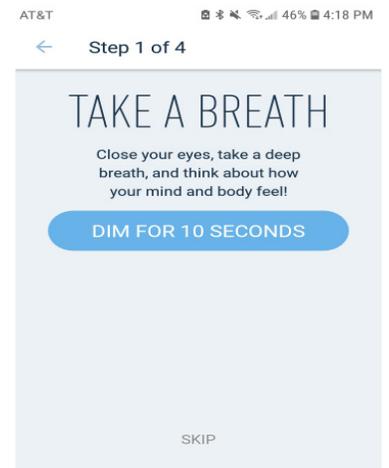


2. Stop, Breathe, and Think: Meditation and Mindfulness

Stop, Breathe, and Think is, as you may have guessed, a meditation app. When you first boot it up, you'll be prompted by the app to take ten seconds to breathe deep and think about how your mind and body feel. You can then record these, along with the emotions you're feeling; emotions are logged in the app, so you can see what your top emotions are before and after meditating.

When you finish your check-in, you'll be recommended meditations to do based off of your answers. Examples of these meditations include "Gratitude: lift your spirits" and "Joy: celebrate the positive". They are guided and are available in multiple languages.

Premium- which starts at \$9.99 per month, or \$5.00 per month if you purchase it for a whole year- allows you to access more meditations, more narrators, and longer versions of the meditations.



3. Sleep Cycle Alarm Clock

From the name of the app, this may seem like a simple alarm function, but don't be fooled; Sleep Cycle Alarm Clock is much more than that. With a patented microphone function, the app records movement in your sleep. It also tracks your sleep cycle and quality, as well as your time in bed.

Many graphs are available in the app, if you're curious: sleep quality, times gone to bed, time in bed, wakeup time, amount of snoring, decreased sleep quality, sleep quality per day of the week, and time in bed per day of the week.

There are also functions for sleep aid- a soothing sound that helps you get to sleep- and sleep notes- tracking different activities and how they affect your sleep.



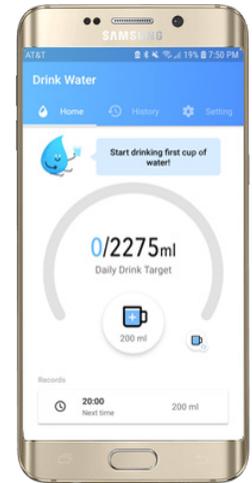
Sleep Cycle requires a subscription that costs \$29.99 per year; if you decide that it's worth it, it's a unique app that offers many useful features to help you get a better night's sleep.

4. Drink Water Reminder- Daily Water Intake and Alarm

As we all learned as soon as we got to elementary school, water is one of the- if not the most- important things your body needs. That's why it's important to drink 9 to 13 cups of water each day, depending on your height, weight, and sex. Drink Water helps you to remember to intake water by setting alarms and tallying the amount of water you've already drank today.

By default, Drink Water is set to kilograms and milliliters, but you can change it to pounds and fluid ounces in the settings panel. The default interval for drinking times is one hour, and these can be turned off during your specified sleep time.

Drink Water also allows you to see a graph of how much water you drink, alongside a counter of weekly water consumption and an in-depth report of all the information you could want on your water drinking habits.



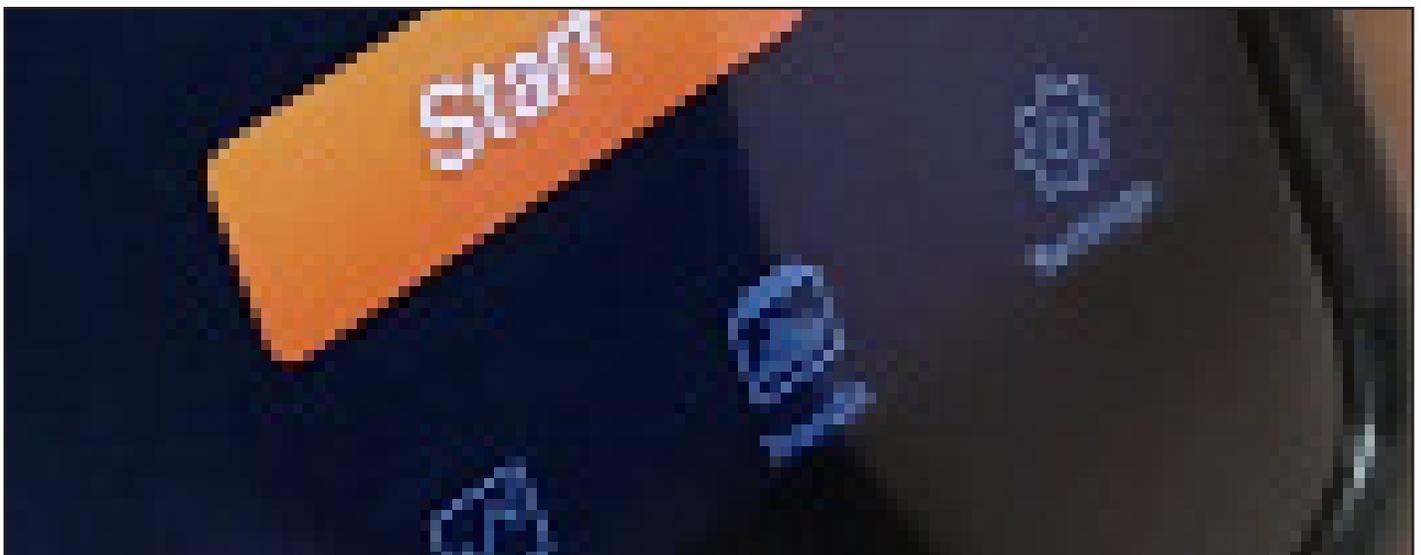
5. Calm Harm- Manages Self Harm

Calm Harm is an app for more urgent self-care, the type used when one is on the brink of doing something harmful to themselves or others. Users are instructed to 'ride the wave' for five or fifteen minutes, doing activities such as breathing exercises or listing times tables until the time is up and either a) feeling better or b) trying it again.

Calm Harm has six types of activities: comfort (sensory experiences to soothe), distract (listing things to forget about the urge at hand), express yourself (verbally venting emotions), release (physically venting emotions in a healthy manner), random (self-explanatory), and breathe (breathing exercises).

Century College students and teachers chipped in with their own suggestions: Tanita, an Education major, recommended Forest: Stay Focused, which, as the title implies, helps one stay focused by planting a tree, which will die if the phone is used during a specific timespan. Christina Davis, a teacher at Century, recommended free music apps- Apple Music, Pandora, etc.- to play calming music to listen to before tests.

If you have a smartphone, access to self-care is only one app download away.



Cinematic Self-Care

Davis Leaf | Staff Writer

To quote the late rapper and musician Malcolm James McCormick, known mostly by his fans as Mac Miller, “Self-care, I’m treatin’ me right.” Self-care means dedicating one’s time and energy bettering themselves. Whether it be physically or mentally, this is generally seen as a healthy and positive form of improvement. Students stress day after day about financial aid, homework, tests, their jobs, etc. They all need something to relax their minds, let their worries run dry, even if just for a few minutes, and provide them with something that doesn’t sting to think about. As children, we are taught by our parents and other figures of authority that too much time in front of the T.V. will turn us into mindless zombies. While this may ring true and screens may desensitize us from the real world, they are also nearly inescapable in today’s society. So, put them to a good and beneficial use. Why not spend some time letting your mind escape into the broad forthcoming year of cinematic delight? 2019 is about to offer up some intriguing choices for movies. We all know that last year, films like Avengers: Infinity War, Black Panther, and Bohemian Rhapsody were the talk of the town, but what do we have to look forward to this year? If you love movies and/or you love the healthy escape from reality they can provide, then here are some movies you’re going to want to keep your eye out for in 2019.

The superhero genre has taken over the industry, raked in colossal amounts of cash at the box office, and won over the hearts of many audiences. So, what does this genre have to offer us this year? For starters, hopefully it will offer you excitement, adrenaline, and the feeling of endorphins releasing. Secondly, most obvious answer would be the much anticipated follow up to last year’s Avengers: Infinity War. This year, Marvel Studios will serve to us Avengers: Endgame, which will not only conclude the storyline set up in the previous installment, but also be the ultimate culmination of nearly eleven years of consecutive films. Surely Endgame will be an event to remember given the Marvel Cinematic Universe’s cultural impact over the past 11 years. It may be sad to see a concluding chapter to our favorite on screen and page heroes, but this will pave the way for more adventures to come. 2019 will also bring us the film Joker. Actor Joaquin Phoenix will portray the titular Batman nemesis in his very own film. For an infamous character that has been already portrayed multiple times on screen to get the spotlight like this, we can only hope the final product is worth the repetitiveness. Other films in the genre this year will include, Spider-Man: Far From Home, the anticipated sequel to the successful Spider-Man: Homecoming that released back in 2017, Shazam!, a lesser known DC comics character getting his big screen debut, and Captain Marvel, Marvel Studios first female superhero headlining her own film. Steven Colonna, a PSEO student here at Century, is more than stoked for Avengers: Endgame. Steven states that he is excited to witness the “ending of an era” and is also intrigued by “the theories of Tony Stark’s role in the film and how Captain Marvel will tie in.” This golden age of superheroes on screen is not looking to slow down anytime soon. Regardless if the market feels oversaturated, we need these heroes to help us escape reality sometimes and fall into a world of fantasy.

Disney has never been afraid of a little hostile takeover when it comes to the film industry. They’re good at appealing to the childhoods of all ages. 2019 will be no exception with the release of the live-action/CGI adaptation of The Lion King. People of all ages will be lining up to witness this nostalgic fan favorite Disney film recapture and rebreak our frail hearts. On top of that, live actions adaptations of Dumbo and Aladdin are also coming down the pike this year. If that wasn’t enough, the surprising continuation of the Toy Story saga will see it’s return with Toy Story 4. To top it all off, at the end of the year, the sequel to the highest grossing animated film of all time will be released; Frozen 2. 2019 will surely be a profitable year for Disney as per usual. You can count on many of us students to be heavy contributors to the Mouse’s fat wallet.

Let’s say you’re not into the big spectacle blockbuster scene and you’re wondering if’s there’s more original material coming out this year. Fear not, I have some that may interest you. A couple years ago, Jordan Peele, of Key and Peele fame, introduced the world to his beautifully demented mind with the social thriller Get Out. This year, Peele returns to the silver screen with another nightmare of a concept with his film Us. Originality is in short supply these days, but Peele is a man we can now count on to provide us with frighteningly fresh content that stems from the works of Alfred Hitchcock and M. Night Shyamalan. Of course, originality takes its raw form in filmmaker Quentin Tarantino, who’s works include Pulp Fiction, Inglorious Bastards, Django Unchained, and most recently The Hateful Eight. Once Upon a Time in Hollywood will be Tarantino’s first film in nearly 4 years

and will be a mystery satire about the film industry revolving around the time of the Charles Manson murders. Given Tarantino's history in filmmaking, we should not expect much of any biographical aspects in his next film and more altering of history to fit the narrative. Also, seasoned filmmaker Martin Scorsese reteams with veteran actors Robert De Niro, Joe Pesci, and Harvey Keitel for his biggest budgeted film yet with *The Irishman*. Also, part of the cast are Al Pacino and Ray Romano. *The Irishman* will tell the story of the assassination of Jimmy Hoffa and will be released on Netflix for your convenience.

Lastly, and potentially least for many people now, come December, *Star Wars: Episode IX* will be hit theaters and hopefully reunite the now skeptical and divided fanbase. It's no secret that the recent entries of *Star Wars* have left many lifelong fans disappointed and unsatisfied with how Walt Disney Studios' acquisition Lucasfilm (the production company that owns *Star Wars*) has affected *Star Wars*. I myself, who is a lifelong *Star Wars* fan, has not felt cheated by the current treatment of *Star Wars* but we can only hope that in December, balance to the force of fans will be brought. The enjoyment of *Star Wars* is something that has passed between many generations on an almost hereditary level. *Star Wars* is one of the giants in the world science fiction and fantasy and what is fantasy if not an escape from reality?

By the end of the year, we will have seen films that's anticipation paid off, disappointed, or were just mediocre. But that's not the point. The point is to get excited to enter the theater with the intention of having a great time. Or, on your cozy couch with some friends over perhaps. To become part of a community that simultaneously seeks that healthy escape from reality into a visual world of imaginative or informative art. I would say most people universally agree that movies are a great form of entertainment. As subjective as entertainment may be, movies are a healthy form of entertainment and can adequately attribute to your self-care.



Domestic Violence: Suffering in Silence

Gwenita Hairston | Editor in Chief

When you hear the words domestic violence and domestic abuse a very vivid picture usually comes to mind. Typically, one automatically thinks of a man beating a woman. Unfortunately, there are many forms of domestic abuse, we just don't normally hear about them.

When a person is in an abusive relationship it doesn't start out that way. Nor do they realize that abuse is starting until it becomes physical. The reason for this is because the abuse doesn't start off as being physical.

There are steps and warning signs that most people don't always pay attention too. Most relationships that are abusive start off with some type of verbal abuse or some type of control comes into play. A very controlling person tends to be an abusive person. In most cases the victim doesn't even realize what is happening. When things turn physical it is a shock to them, because they didn't see it coming.

As a relationship grows it changes and the people in the relationship tend to change as well. Most would say your true colors start to show at some point. Everybody likes to be in control of different things in a relationship. Being controlling becomes a problem when:

1. They monitor your phone calls and start telling you who you can and can't talk to. Which friends you can hang around.
2. They tell you what you can or can't wear. How to wear your hair. Don't want you making your-self to noticeable to other people. Even though you may just want to look good for your spouse.
3. They start to have a problem with you doing things for yourself. Trying to better your self in any way like losing weight or going back to school, getting a new job.

During this time is when the emotional abuse starts to kick in. They say things like if you really love me then you won't do this or that. Then in the middle of an argument they tell you that they hate you or that they don't love you only to turn around and say that it was only said out of anger. When a person is emotionally damaged from previous experiences in their lives these types of interactions affect them differently than a person who hasn't experienced any traumatic events in their lives.

After they feel like they have broken you down enough the verbal abuse kicks in. They tell you that you're not attractive or that nobody else will want you or love you like they do. In your head you are trying to figure out some reason as to why they are being so mean. When honestly there is no real reason, but a person will wreck their brains trying to figure out why. While trying to do everything possible to make sure that the other person keeps loving them.

By this point they have you exactly where they want you, confused and trying to make sure you do everything right. This is the point where the physical abuse comes in. Most times you never see it coming. It's a typical day, you are having an argument again over some thing very stupid and in the middle of that argument they draw their hand back and hit you. You are in shock because they have never done this before. Your reaction is to maybe cuss them out, swing back, yell some more, maybe even tell them it's over.

They then abide by what you say, they leave for a couple days. They do this to give you some time. But the whole time they are gone they are telling you how sorry they are and how they will never do it again. They pop up on u some where with things that you like professing their love for you. You believe them, and you take them back, you may even put conditions on their return into your life. Things are going great no arguing everything is perfect, back to how you were when you first started dating. Then out of the blue it happens again. Except this time, they are telling you that it is your fault. Now you are questioning things.

The abuser has their victim right where they want them. They have isolated them away from their family and friends. They have damaged their self-esteem. Now they have them questioning and doubting their actions.

This vicious cycle is one that most people don't understand, and you wouldn't because its not rational. The

first question people have is why did he or she stay. Well to be honest, they themselves don't know why they stay. They rationalize with themselves to justify staying, because they love this person so much and they truly believe that they will change. They also blame themselves for the other's actions. They tell themselves that if they hadn't acted this way or if they would have handled this differently it wouldn't have happened. Not realizing that once a person starts being abusive there is nothing you can do to stop them.

Most people that are in this type of relationship stay out of fear, love, and the hope to keep their relationship intact and things going back to how they once were, or they just see no way out. Because they have become dependent on this person.

If you have suspicion or know someone that is going through this, please don't judge them. Help them as best you can, without getting too involved. Offer them a listening ear, give them resources for when they are finally ready to leave. If you are a person who is going through this believe me, you are not alone. There are many people that have been in or are fighting the same battle. You don't have to suffer in silence any more. Century College has some of the best resources if you use them. Michele Jersak, our parent resource counselor on campus can offer you tons of help, and if she doesn't have an answer right then and there she will find one for you. If by chance you are not comfortable speaking with her reach out to someone on campus that you trust. Don't continue to go through the turmoil. Your life is more valuable than you may realize.



What It is Like Being in Century's "A Streetcar Named Desire"

Sara Jorgensen | Staff Writer

This winter, Century performed "A Streetcar Named Desire", a notorious 40's play and movie written by Tennessee Williams.

To sum it up for those who have never heard of the play, the female lead Blanche Dubois is staying with her younger and pregnant sister Stella and her lower-class husband Stanley Kowalski in the French Quarter of New Orleans after losing Belle Reve, the Dubois family home. Blanche and Stanley do not get along with each other because of how they act. Stanley is shown to be loud and aggressive- almost like an animal, and Blanche is more well-mannered. During Stanley's poker party, Blanche meets Mitch, a close friend of Stanley's, and they are instantly attracted to each other. To put it in a simple way that won't spoil the play, as it progresses, it starts to go downhill, and Blanche starts to go insane.

I am very lucky to be part of this show as the nurse. It is a very small role, but the director Paul Aberasturi has said during rehearsals that each role is very important, no matter the size.

During rehearsals, we get to learn about interesting things that pertain to the play. For example, the women who play Blanche have to speak in a southern accent, so Aberasturi showed them videos that will help them with that. As far as costumes go, every costume used in the play are reflections of each character's personality. When people come into the auditorium, they should expect to see a smaller stage. The set is just the Kowalski's home on a platform, and because of that, there will be more intimate seating. That means that the audience will be sitting around the set and seeing the performers up close.

With this play, Aberasturi decided to do something entirely different: have two different casts, meaning most of the roles will have two people playing them (some people had to drop out of the play due to personal reasons, but we've been just fine). Basically, there will be two Blanches, two Stellas, etc. One cast will perform certain days and the other cast will perform the others. There were quite a few reasons why Aberasturi wanted to have two casts, but the main ones are because he wanted to give as many people who auditioned as possible the experience of being in a play and those who got in the experience of collaborating with someone with the same role.

There will also be a little more action taking place in the play, especially in between scenes. Instead of there being black-outs, there'll be either blue or red lights. While transitions are occurring, some of the people who are in the opposite cast will be moving around as street people.

I haven't been a play since ninth grade, which was over four years ago, so I was very nervous about being in "A Streetcar Named Desire". I was nervous not just because of how I would do as the nurse, but because I thought that I didn't belong with the cast. Many cast members already knew each other from other shows they've been in together and seem so comfortable and confident when socializing with each other. As someone with autism, this doesn't come easy for me. I tend to be more shy and awkward when talking to people and let it get to me a lot.

But during auditions and rehearsals, I began to realize that I shouldn't have to worry. For one thing, there were quite a few familiar faces in the cast. Most of them were from my Beginning Acting class last fall and others were friends of the friends I made from that class. These people and the rest of the cast seem so nice and approachable. There were days outside of the play where I didn't feel good about myself, and when I opened up to a few people about it, they were very understanding about it and reassured me that it was going to be okay and that they have my back.

More importantly, I know I am doing this play because I am doing something that I love and miss doing, and I am having an opportunity to be in a college play. It is the perfect way for me to get out of the shell I have been in since high school and get away from the stress of school for a few hours.

Taking this into account, this play has been a great experience for me. I was able to get back into theater even more than in Beginning Acting and improve my acting and communication skills. I also had the opportunity to make new friends and get to know the ones I already knew better.

Being in this play made me realize how much I miss theater and regret stopping it. I will be transferring to River Falls next fall, but I would love to be a part of a show or two there to continue getting back into theater.

With that being said, I would love everyone to come see at least one of the casts perform a classic that is "A Streetcar Named Desire." Both the cast and the crew have been working very hard on making this a great show for everyone. We want them to see the effort we've been putting in for the past two months. We promise that there will be no regrets for those who decide to come to the show.



Can Marijuana help you with school?

Bethany Lee | Staff Writer

Do you think marijuana can be used for educational purposes? As we know, marijuana has its pros and cons. For example, marijuana is known to help people's anxiety and depression. Although this may be true, too much marijuana use can lead to memory problems, impaired judgement, and lung irritation in frequent and constant users. Another disadvantage with smoking marijuana is that while you receive your dose of THC and other cannabinoids, the effects don't last long. Then again, it is easier for people that are using it for studying and are looking for a fast high. Compared to other types of drugs, smoking marijuana is a good use for fast-acting benefits like pain relief. On the other hand, edibles are known to be the healthier option. If you notice, our world is becoming more and more accepted with the medical marijuana industry. People are starting to be more inquisitive about the effects that are positive of marijuana and are more drawn to the idea of edibles. Of course, it takes longer to take effect, but it can last up to eight hours, and they wouldn't have to worry about it having a negative effect on their lungs. I have interviewed three people and asked how marijuana has had an effect on their lives. Each person had a different way on how it changed and shaped them into the person they are today.

The first person I interviewed was Davis Leaf, a student at Century College. I first asked him why he smokes marijuana. "Marijuana relaxes me when I have a natural amount of stress. Some people do it for focusing, but I will smoke when I don't need to be productive." Leaf says that he is unable to smoke when he has things he needs to get done, like in the case of having a lot of homework that needs to be finished. Leaf added that he uses Indica, and that kind of marijuana is good for people that do not want to do anything to be productive. He noticed that after a little bit, it has helped him with his depression. Davis was constantly stressed and worried about a variety of things, but when he smoked, he noticed that a lot of the things that he was anxious about didn't matter anymore. We all know that students that suffer with anxiety or depression have a hard time at focusing and getting the work done. People like Davis that can't be productive when smoking may not have a satisfying outcome if they choose to smoke for studying. However, if it is helping them with anxiety and depression, school in general can be easier.

The next person I interviewed was Deandre Lee, who is thirty-five years old. Deandre says that when he was younger he would use the sativa weed. "I was the type of person that would smoke and then work on something, so sativa was the best choice." When Deandre was younger, he used to smoke before he did homework and would only think about that one thing that he was working on. "When I would go to school high, it was easy for me to absorb everything during the lectures". He agreed that marijuana had helped him with school, and that if he did not smoke before going to class, he would have been less successful in school.

The last person I interviewed was a freshman at Century College named Chloe Veiman. Chloe claims that she had started smoking marijuana in 11th Grade. "I suffered from severe anxiety, mostly social anxiety! I didn't smoke all the time, but when I did I became a lot calmer, and I was more outgoing and more willing to talk to people." When Chloe talked to people before she started smoking, she would feel herself start to shake and would no longer speak to people she was unfamiliar with. "I couldn't even order my own food when I would go out. When I started smoking, it



calmed my nerves and helped me realize that I can do many things on my own without help.” School does not just require focus and being able to comprehend everything they study, it also requires social skills as well. Marijuana could help build people social skills, and when big projects such as in-class presentations come up, it can be less stressful.

Marijuana can have an effect on everyone in different ways. The effects will most likely be positive if people limit themselves on the marijuana usage. Too much usage will have a negative effect on the person’s memory and lungs. It would be much more reasonable if students use it once in a while for anxiety and depression, or educational purposes. Students at Century College that battle with mental problems, that makes them fall behind in school work, could be benefited by the usage of marijuana.



Those Green Eyes

Gwenita Hairston| Editor In Chief

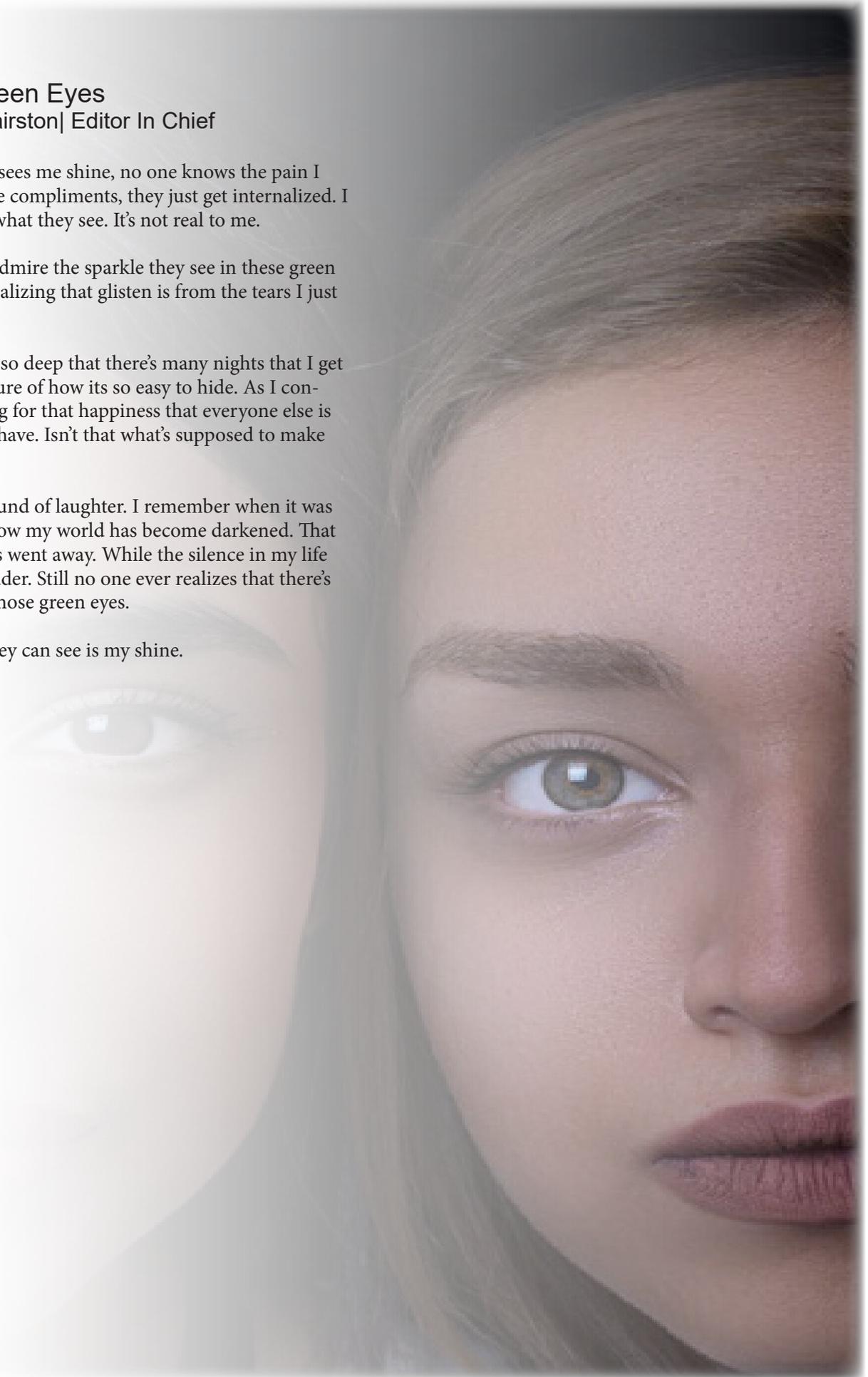
AS the world sees me shine, no one knows the pain I hide. All those compliments, they just get internalized. I just can't see what they see. It's not real to me.

They always admire the sparkle they see in these green eyes. Never realizing that glisten is from the tears I just cried.

The pain cuts so deep that there's many nights that I get no sleep. Unsure of how its so easy to hide. As I constantly longing for that happiness that everyone else is so sure that I have. Isn't that what's supposed to make me complete.

The fading sound of laughter. I remember when it was so familiar. Now my world has become darkened. That bright sun has went away. While the silence in my life has gotten louder. Still no one ever realizes that there's pain behind those green eyes.

Because all they can see is my shine.



Make a Difference in Someone's Life.

You are invited to attend one of our Mental Health First Aid trainings this semester!

Have you ever:

- Had a friend or family member you were concerned about?
- Seen a classmate who appeared withdrawn or depressed?
- Felt uncomfortable talking about mental health, or felt unsure about what to say?
- Wanted to gain a better understanding of mental health concerns?

If the answer is yes, then this training is for you!

**GET TRAINED
AS A CERTIFIED
RESPONDER**



**MENTAL
HEALTH
FIRST AID®**

Mental Health First Aid (MHFA) is a training, just like regular First Aid or CPR, that gives you the information and skills to help someone with mental health concerns in both crisis and non-crisis situations. It is a national, evidence-based training, and over 1 million people in the United States have already been trained! This training can help you better understand and respond to mental health concerns with your friends and family, classmates, and in your future career.

During the 8-hour training, you will:

- Learn about risk factors and warning signs of mental health issues
- Learn a 5-step action plan to assist individuals who are experiencing mental health concerns
- Apply the action plan to a variety of scenarios
- Receive a free manual and helpful resources

After completing the training, you will be certified in Mental Health First Aid and will be prepared to address the situations listed at the top of this email, and many more! This training usually costs \$150+ per person, but is being provided FREE through a grant through SAMHSA/U.S. Department of Health and Human Services.

Each training is limited to 30 participants, so please register as soon as possible!

Check your e-mail for a schedule of trainings and a registration link, or email mhfa@century.edu if you have questions.



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The Ultimate Test of Human Endurance

Daniel Domres | Contributing Writer

Last year roughly 507,000 people ran a marathon in the United States. A marathon is a footrace run on an open course of slightly over 26 miles. The first marathon was ran in Ancient Greece, not as a race, but as a message delivered by the Greek messenger Pheidippides after the battle at Marathon. Pheidippides ran from Marathon to Athens, a distance of 26.2 mile, to give Athenians the news of their victory. Upon reaching Athens, he uttered his last words to the Athenians, “Nike! Nike Nenikekiam!” (“Victory! Victory! Rejoice, we conquer!”) Then he promptly collapsed to the ground and died. This story has bolstered the legacy of the marathon, yet the true story of what happened to Pheidippides is much greater than what is commonly known.

As a soldier messenger, Pheidippides’ job was to cover incredible distances on foot over rocky terrain to deliver messages to commanders. The story of him running from Marathon to Athens is true. The beginning, however, is what people tend to leave out of the story. Pheidippides was asked to gather troops from the Spartans to help aid the Athenians to fight the Persians. To accomplish this task, he had to run from Athens to Sparta, covering over 150 miles each way on foot. The Spartans refused, and Pheidippides then had to run back to Athens to give the news. On his way back, he stopped at the battle of Marathon and was given the task to deliver the news to Athenians of their victory. In total Pheidippides ran over 326 miles in the span of less than five days. To honor Pheidippides, there is a race in Greece called the Spartathlon, following the 150 miles that he ran from Athens to Sparta. It is the origin of the ultramarathon.

Nowadays, an ultramarathon is defined as any running race over the standard 26.2-mile marathon. Typically, the ultramarathon distance starts at 50 kilometers (31 miles) and the longest are 100-mile races. However, there are races that exceed 100 miles, such as the Badwater 135—a 135-mile race through Death Valley in the height of summer. There are also ultra-races without a mile-limit, such as 12- and 24-hour races. When you run a 12- or 24-hour race, there is no mile-distance; the goal is to keep running until you can no longer go any farther.

On Saturday October 20th, I had the opportunity to run a 12-hour race in Theodore Wirth Park, and it was an experience I will never forget. The Loopet Loppet, as the race was called, was around a five-mile loop starting at seven in the morning and ending at seven at night. There were 59 individual runners competing and six teams running the race. I had no mile-goal going into this race because my only goal was to push myself to my limits and test my physical and mental strength. This race also had a special meaning to me. I attempted a half marathon two years ago here, but it turned out to be one of my worst races, so I had a little extra motivation going into this race. The weather for the race day was about 35 degrees with the wind blowing at 25 miles an hour; the temperature was almost perfect, but the wind was going to present a bit of a challenge. Start time for the race was at seven in the morning, which meant I was going to get up at four so that I could have time to eat a good breakfast and digest it. I arrived at the Trailhead, which was where the race would start, at six to give myself plenty of time to warm up and drink some coffee. About fifteen minutes before the start of the race, the race director gathered the runners to the start to give us a race brief: how the trail was marked; and how we should follow blue markers along the course and stay to the right side of the trail so that other runners could pass. He must have said other things, but I was so focused on the task ahead of me that I did not hear anything else.

Less than five minutes before the race started, the race director gave us his final instructions. There was nothing left to do except turning on a little music and preparing myself mentally. I had done everything possible to prepare physically and mentally for this race. I had been training about a year and a half, often training multiple times a day. I would wake up at six every morning for a morning run, then go to either school or work, and finish the day by hitting the gym for strength training. I also changed my diet, cutting out most processed foods and all alcohol. Everything I put into my body I would look at as fuel; anything that slowed me down had to go. All of the training and healthy eating had prepared my body and mind for the race ahead of me, so when the race director started counting down for the race, I knew that I was ready for just about anything.

“Three, Two, One, Go!” Several runners blasted off the start and sprinted ahead of the main pack of runners. With a very competitive nature, my first reaction was to blast ahead and run with them, but I held back, reminding myself that I was going to be here for twelve hours. During the first few miles of the race, I distanced myself from the main pack of runners and settled into a nice rhythm. Many of the runners who had blasted off from the start were starting to slow way down at this point. I passed many of them towards the end of the first 5-mile loop, finishing in second place. I had been feeling so good that I did not realize that for that first loop I had been averaging running seven minutes per mile! That might not seem incredibly fast, but there was no way I could make it twelve hours averaging that pace. Not only had I ran that first loop too fast, but also the only other runner ahead of me was on a six-person relay team, which meant every lap they would rotate runners. I knew I had to slow way down this next lap; otherwise, I would be in danger of building up too much lactic acid. With the first lap done and five miles down, I refilled my hand-held water bottle and ran back out onto the trail for lap two.

The second and third laps went by as well as I could have hoped for. I actually ended up passing the other relay team, so I was now in first place by myself. My goal for the race was to take in 200-300 calories an hour and drink one of my hand-held water bottles every three miles. When you are running for that long, you need to make sure you are taking in an adequate amount of calories; otherwise, your body will run out of fuel and start burning muscle. Once your body starts burning muscle, it is only a matter of time before you drop out of the race. Everything up to this point in the race had been going according to plan: I had been eating enough food and taking in a good amount of water. With about a mile left on my fourth lap, about mile 19, I ran into my first big challenge of the race.

With less than a mile to go before completing the fourth lap, I came up to a sharp turn in the course. Have been running for about three hours up to this point, I had a slight mental breakdown. Instead of taking the turn slowly, as I had done for the first three laps, I decided to grab the metal pole and propel myself around the turn. Not knowing that the pole was loose in the ground, I grabbed it, and the pole went out of the ground slapping me right above the eye. I instantly went to the ground, holding my head and fearing for the worst. I touched the area where the pole hit my forehead and realized I had a huge bump right above my eye. After taking another couple of seconds to adjust to the situation mentally, I forced myself to get up, put my hat right over the massive bump on my forehead, and headed down the trail.

The head wound I suffered, although it hurt, did not turn out to be as bad as I had first thought. In fact, the injury actually hurt me more mentally than it did physically. Up to that point, I was running a near perfect race, but after hitting my head, the next two laps were much more difficult. The reality of how much time I had remaining was starting to set in. I tried not to think about how many hours I had until the race ended, but that was almost impossible. At the end of the fifth lap, I still held the lead over everyone, including all of the relay teams. The first relay team was right behind me after the lap, and I knew I could not keep up the pace I had been going. Heading into the sixth lap, I decided to walk all of the steep up hills in order to conserve leg strength. This probably would have been a good idea to do that from the start looking back. This technique helped tremendously because the sixth lap went much better and I made it back feeling good. By this time, I had run thirty miles and had been on the racecourse for a little over five hours. My legs were definitely feeling, so I decided to grab my iPhone for the next lap to play some music. After over five solitary hours on the trail, putting on music was an amazing experience. With a surge of adrenaline from Five Finger Death Punch and Breaking Benjamin in my ear, I headed out for my seventh lap. I finished that next lap feeling very good, but two relay teams surpassed me. After completing that lap, I made another big mistake, which put my race in jeopardy.

Upon finishing the seventh lap, I met up with my parents and my girlfriend. It was amazing to see them, and I was extremely grateful that they were there to support me. Without thinking, I sat down at their table and talked with them for five minutes. After eating a little food and drinking some water, I tried to get up, but I could not. My legs were cramping and shaking uncontrollably. My girlfriend helped me to my feet, and we walked very slowly to the wall so that I could lean on it. How was I supposed to run for another five and a half hours if I couldn't even walk? I eventually stumbled my way to the racecourse and began to walk. My legs eventually

came back to me, yet every downhill felt like pins and needles were shooting into my legs. This was the hardest lap, which was going to either make or break my race.

Every runner experience high moments and low moments. The longer you run, the more intense these high and low moments become. I was having a runner's low at this point: my body was failing me, and my mind was focusing on the five hours I had to run. There was only one thing I could do at this point—just keep moving forward. I eventually finished that lap and staggered back to the start. Knowing I needed a little boost at this point, I asked my girlfriend to get me a cup of coffee. I had not had any caffeine since five in the morning, and I felt its effect almost immediately. Instead of fixating on how long I had to run, I ran back on the course and continued the race.

I finished the ninth lap only two minutes slower than I ran the first lap, which is remarkable considering I had struggled to walk less than an hour ago. The human body is very adaptable and can do some incredible things under stress. My tenth lap was definitely much slower than the previous lap, but overall I was still feeling okay. With about two and a half hours left in the race, I was at mile 50 of the race. My legs could no longer taking the constant pounding, so I had to walk not just the steep up hills. My plan was to run for three minutes and then walk for a minute.

Allowing myself to walk every three minutes gave me a much-needed break, and this strategy helped me tremendously—mentally and physically. My eleventh lap was a slow grind. Not many runners remained on the trail any more. Some had dropped out of the race entirely, and many remaining ones just were walking. I was completely alone the last two laps, the sun was starting to set and it was eerie on the trail by myself. After completing the eleventh lap, I grabbed my headlamp, filled up my water bottle one last time, and headed out for my final lap.

When you are running an ultramarathon, you cannot allow yourself to think of the finish during the race. If you do, it can spell disaster to your mind. I thought about all the hard work and dedication that had taken me to get to this point, about my family and my girlfriend who had been there all day to support me. I was extremely grateful to be in this position and I couldn't be happier. Even though I was sore, tired, mentally exhausted and my body was giving up on me, I did not care. The last lap I finished with fourteen minutes left in the race. I had ran 60 miles so far, and the race was over. I should just be happy with that, but looking at the clock, I saw my family. My mom just smiled at me and nodded her head. We both knew what I was going to do next. I signed up to run a twelve-hour race, not an eleven hour and forty-five minute race. I got back on the trail one last time and powered through one last mile.

I ran the last mile in the exact same time that I ran the first mile, in seven minutes. Approaching the finish line, I saw a huge crowd that had gathered, including most of the runners I had been running with all day. Hearing them cheer my name, I got teary-eyed as I ran across the finish line. I had done it! Twelve hours of running and sixty-one miles, I finished in first place of the individual runners. Only two relay teams finished ahead of me, and I ended up beating four relay teams.

Running an ultramarathon is a lot like living your life, with high moments and low moments no matter how much you prepare for it. You are going to be knocked down and beaten up. A person is defined by not how many times you get knocked down; they're defined by how many times you get back up. Just because something seems impossible never let anyone tell you that you can't do it. Two years ago, I struggled to run a half marathon at the same racecourse, and I ended up walking the last two miles. When I signed up for this race, many people called me crazy and thought I was insane. How was I supposed to run for twelve hours when I couldn't finish a half marathon? Don't let anyone tell you what you can or can't do. Follow your dream no matter what anyone says. You might fail a few times, which is perfectly fine. If you can get up, there's still fight left inside of you. Always keep fighting and never give up on your dream.



How to Eat the Frog (Overcome Procrastination!)

Sara Jorgensen | Staff Writer

Imagine being in the following scenario: There are two important papers, three exams and five assignments that need some attention. Thinking about it is overwhelming so you decide to put everything off until the last minute. When you realize that you have waited too long to start working on these things and let them all pile up, you are feeling stressed out. As you are cramming all your tasks into a few days, you begin to hate yourself for doing this.

Does this sound familiar? Procrastination is a very common situation for people to be in, especially students. Even the smartest and most organized ones struggle with this from time to time. Luckily, there are ways it can be defeated. Just try one or more these tips out and do what works best for you.

1. Prioritize your tasks.

Take a look at the dates of your exams and due dates for papers and assignments in your syllabi and/or your planner (if you don't have one, please consider getting one and actually using it; it'll make managing everything so much easier). While you are doing this, take into consideration how much effort you need to put into studying and assignments as well as how much exams and assignments are worth of your grade. This will put into perspective what is worth focusing on at the moment.

2. Break tasks into manageable chunks.

Let's use studying for an exam as an example. Suppose that your upcoming exam will cover the first three chapters in the book, and it is in a week. It would be the most manageable to study a chapter a day for the first three days, then for the next three days, review a chapter a day again, but focus more on the harder concepts. Finally, on the last day, review the hardest concepts from all three chapters. Having an action plan similar to this makes tasks less daunting than looking at the big picture.

3. Remove all distractions.

Whether it is music, social media, television, or video games, get those things out of sight! They will slow you down as you are trying to get work done. If that means you need to relocate to a place such as the library, do it. If you need to silence your phone, do it. Do whatever you can to create an environment where you will be the most productive.

4. Use the Pomodoro technique.

The Pomodoro technique is a technique where you give a task your undivided attention for 20 minutes, take a five-minute break, and repeat three times before taking a 30-minute break. This is a process that you would repeat until you have completed what you want to achieve that day. This technique is great because the hardest thing to do is get started, but once you do it, you are already in the zone. Plus, you will have chances to take a breather from your task and prevent yourself from burning out. (P.S. When you are taking your breaks, try to make them productive ones by doing things such as working out, throwing in a load of laundry, etc.)

5. Tackle the hardest task first.

If there is a task that is more dreadful to think about than anything else, this tip may be for you. Getting the hardest task out of the way right away can be a great feeling. Once that is done, it can be very motivating because your other tasks will only get easier from there, which can result in completing them faster.

6. Tackle the easiest task first.

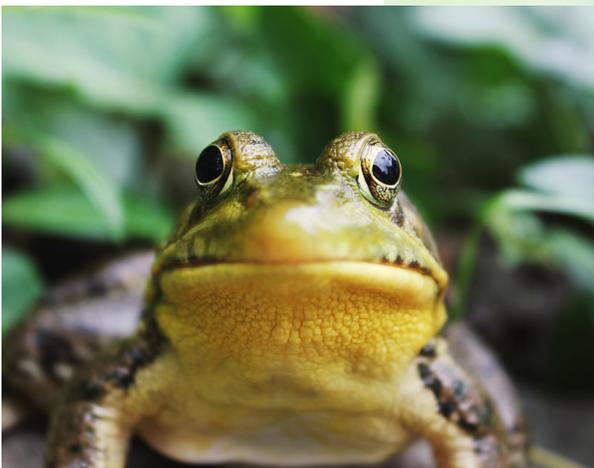
As stated in the fourth tip, getting started is the hardest thing to do. The easiest task is typically one where there is not as much to do and/or one where you don't have to think as hard and will more than likely get it done faster. When you start with the easiest task, it will help you get the ball rolling as you work your way up to the hardest task.

7. Reward yourself.

If you need a good motivator for when you complete what needed to be done, give yourself the reward of doing what you enjoy. This could be anything, such as watching an episode or two of a show you like on Netflix, spending time with your friends, or simply scrolling through social media. Having a reward waiting to be claimed at the end can help you get through those tasks that you may be dreading.

Beating procrastination is never easy, and you will most likely find yourself falling into procrastination over and over again, but it's okay because it is normal. Procrastination can never go away completely. However, as long as you realize when you're procrastinating and figure out which strategies for overcoming it work best for you, it will become easier to complete the tasks at hand.

What are you waiting for? Stop reading and get to work!





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