



Century College Bulletin

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Century Named a Military Friendly School for 2010

Nancy Livingston

Century College has been named a Military Friendly School for 2010 by G.I. Jobs magazine.

Century was honored for its services to veterans, including the establishment of the Veterans' Center off the West Campus counseling area. Century this semester has about 250 students who are veterans.

Vietnam veteran and National Guard consultant Dr. Ernie Boswell (pictured), a psychologist who teaches at Century, said the biggest challenge facing today's veteran student is dealing with feelings of alienation.

"Veterans feel very different because they have experienced things that other students have not," said Boswell. "When you have been a warrior and experienced the extraordinary things that happen in war, you feel on the outskirts of society. You have issues with distractions and concentration, and you tend to take anti-war remarks very personally. Veterans are more at risk for dropping out of school because they do not believe that their warrior experiences are being validated."

Boswell said it is important to reach out to veterans. He applauded Century's efforts to establish a veterans' club, veterans' speaker series and Veterans' Day Celebration.

"Veterans want to be thanked for their service, but you don't have to go on and on," said Boswell. "I have been on airplanes, for example, where the pilot announced that servicemen were on board and the passengers applauded. They seem to like that."

Boswell said in the classroom, simply asking for a show of hands of how many students are veterans is often appreciated because veterans need a social support network. They need to connect with other vets.

With an increasing number of people questioning the role of the United States forces in Afghanistan, veterans often feel uncomfortable and alienated. "We have to help vets understand that we live in a world based on the free exchange of ideas," said Boswell. "We have to help them not take people's opposition to the war personally."

Boswell said when he returned from his service with the U.S. 9th Infantry in Vietnam and



attended California State University Fullerton in 1970, he challenged the anti-war views of his professors and was made to feel that his position was not worthy. "After that, not many people knew I was a vet," said Boswell, who went on to earn his doctorate degree in clinical psychology at Bowling Green State University in Ohio.

Boswell said his service in Vietnam "opened my eyes to a whole different dimension of the world. It taught me how precious and expendable life is." Serving in Vietnam also motivated him to go to college to honor the memory of his friends who died in the war. His service also changed his core values, making him both more cynical and more compassionate.

"I felt a fierce drive to keep moving forward," said Boswell. "I wanted to push through it. Not give up. I felt I could live with failure, but I couldn't live with not trying."

Student veteran adjustment problems can result in disturbed sleep, inability to concentrate and excessive alcohol use.

"The military prepares you to take a tougher path," said Boswell. "It puts you in touch with your capabilities and your endurance. For example, you might find you can go three days straight with no food and then participate in a running gun battle. I would never want anyone else to have my military experience, but I am glad that I had it. It truly was the worst of times and the best of times."

Communication with a veteran can be difficult, Boswell said, because he or she may not have the words to explain their military experiences. And well-intentioned people may not have the words to ask about those experiences.

"A veteran can attempt to tell you what it's like to experience war," said Boswell. "But you don't really know what it is until you have been through it. There is a gulf that separates the veteran and the civilian."

Time and reflection help veterans adjust to the civilian world. "It takes a lot of work to redefine your life's purpose after being a warrior," said Boswell. The good news is, veterans are receiving more help these days from the government than they received in the 1970s. "The GI Bill is a wonderful deal," he said. "It can pay a vet's tuition, books and housing allowance."

Boswell said he would like to see more forums that allow veterans to talk about their experiences. "It gives them a point of legitimacy," he said.

Century's Veterans' Center has computers and printers for use by veteran students and it is open from 7:30 a.m. to 7 p.m. on school days. A GI Bill benefits specialist from the Minnesota Department of Veterans' Affairs, Ray Bohn, comes to Century every other Monday to help vets understand their government benefits. In addition, vet student workers and service learning students provide support and information to fellow veteran students.

The week of Nov. 9, Century will host a Veterans Reorganization Week. Veterans Day is Nov. 11.

A New Generation of Hmong Women Pursues College

Kao Choua Vue and Sasha Aslanian, Minnesota Public Radio • Previously published September 24, 2009

St. Paul, Minn. — The number of Hmong women pursuing college is growing in Minnesota. But a college education can be hard won in families that traditionally encourage daughters to marry young and raise families. Kao Choua Vue of our Youth Radio Series shares her story.

My parents were farmers in Laos. They had never spent a day of their lives in school. When they came to America, they didn't know how to begin to help their eight children in school.

My mother's dream for me was not to get a college education. Because I am a Hmong daughter, she teaches me to be a good housewife so I won't bring shame on the family when I am married.

At the age of 5, I began cooking rice and washing dishes for my family. In keeping with the traditional Hmong culture, my five brothers had no chores.

AN AMERICAN CHILDHOOD

I didn't question it until I was 7, and started going to an after-school program led by Raeann Ruth called The Portage for Youth.

"I didn't want to change their culture," said Raeann. "I just



wanted to show them that they could do more than babysit and cook rice, for Pete's sakes."

The Portage for Youth was not just for Hmong girls, but we took it over. We came every day and stayed until we were teenagers. Raeann gave us a fun Americanized childhood to remember. It was something we craved.

"You had sewing, you had car repair, you had swimming, canoeing, rock-climbing, gardening. There wasn't anything you didn't take," said Raeann.

The Portage for Youth was where I first experimented with filmmaking. I discovered I had a voice. I had something to say.

The Portage for Youth opened my eyes to possibilities beyond what my parents dreamed for me. But back home, I was still busy cooking, cleaning, and helping raise children.

TEEN BRIDES

My older sister had gotten married at 15 and had three kids. When she divorced, I took care of my nieces and nephews. I was 7. My sister warned me not to get married young like she did.

"Now when I look back at the time that I got married, I don't think it was true love," said my older sister. "I think it was just puppy love." She wanted me to take my time and continue my education and not rush into marriage like she did.

But in my environment, many Hmong women married young. It was almost like it was something for me to think about. My mother always reminded me to practice cooking and cleaning in order to be a good wife and daughter-in-law.

When I was 13, my parents tried to get me to marry a Hmong boy. I was outraged. I remember thinking I had a long life ahead of me. But many of my friends did follow the traditional path.

My junior year in high school, my friend Yia Lor got married. It was a surprise because I remembered she and her cousin had made a bet in the school lunchroom. Whoever got married first had to pay the other one \$200.

Yia said the bet was supposed to help them postpone marriage. "And it worked for a while," she said with a laugh. "But I dated a lot of guys and I just got caught up in the moment. I just got married and so I paid her the money!"

Today, Yia is 20 years old, and married with two children. She lives with her in-laws and cooks and cleans. There are 13 people living under one roof.

Even though Yia's life looks different than mine, she feels the same hunger I do to go to college. She is enrolled at St. Catherine University, studying to be an occupational therapist. "Just because I'm married and I have kids doesn't mean I

can't go to college," said Lor. "I go to school because I want a better job. And I want my kids to know that when they grow up, they want to go to college because mommy did it too."

BE SOMETHING BETTER

One of the biggest destinations for Hmong students in Minnesota is **Century College** in White Bear Lake.

"If you look at the demographics of Century College," said **Pakou Vang**, acting academic dean, "you'll see that the number of Asian students, most of whom are Hmong, has almost quadrupled -- with the biggest growth in the last six to seven years."

Vang herself went to the University of Minnesota, Duluth and graduated a little before this boom.

She remembers growing up poor and on welfare, and thinking that wasn't the life she wanted to lead. Her father had bigger dreams for her too.

"When I was in junior high, my father once said to me, 'I know that you are female and Hmong. Many people will say you won't make it. You won't finish high school because you'll get married, have a lot of kids and be living on welfare. That's the path for you because you are a Hmong female,'" Vang recalled. "And you know what my father said? 'I know you are not going to be that. I know you are going to be something better.'"

Pakou Vang made it through graduate school. She had her father to encourage her, but I didn't have anyone in my family to support my education. I had to find my own role models.

MEETING MY ROLE MODEL

One moment in middle school sticks with me. State Sen. Mee Moua visited Cleveland Middle School when I was in eighth grade, to speak about her life story. She's the first Hmong person elected to legislative office in the United States. When Mee Moua shared her story, I felt like I wasn't alone.

Moua was the first Hmong woman I met who was educated, successful and not married -- yet. She showed me that as a Hmong American woman, I could get a college education and be more than a housewife.

Seven years after that classroom visit, when I went up to her office at the state Capitol to interview her for this story, I told her she was my inspiration for going to the University of Minnesota.

"You're making me really emotional," said Moua. "It's not like every day I get to have these conversations."

It's emotional for both of us. We sit on the couch in her office, and I try not to cry. I can't find the words to describe what she has meant in my life. She reaches over and pats my shoulder.

I tell her I didn't get any encouragement from my parents to go to college, but I felt it from her.

"When you sensed the sense of nurturing from me, it's because I have been a parent all my life," said Moua. "Even before I had children, I parented not only my younger brothers and sisters, but I parented 60 other first cousins."

Moua described getting her driver's license and borrowing her uncle's conversion van to drive 16 of her first cousins to the movie theater. She bought them all tickets with the money she had earned from caddying.

Through the encouragement of her parents and her uncle, Mee Moua ended up graduating from Brown University and going to law school.

THE PARADOX FOR HMONG GIRLS

I tell her that growing up, my parents made me do a lot more chores than my brothers. It didn't feel fair.

Moua nodded. But she told me that it might have been to my advantage. Hmong girls learn to be hardworking and responsible at an early age.

"Parents, by that differential treatment, have stoked and created a slow sense of anger among the young women about the injustices, of the differences in treatment," said Moua.

"That sense of injustice, actually, has created and has energized the young women to become so successful."

A PROUD HMONG DAUGHTER

Hmong women, married or unmarried, are finding ways to get a better life, and increasingly, that means college.

The Hmong tradition and culture challenged me to be the person that I am. My education has given me the tools to do something my ancestors couldn't imagine. I want to be a filmmaker, to preserve Hmong history and stories. My parents now highly respect me for the choices I have made.

They say I've made them proud to have such a daughter.

About Kao Choua Vue

Kao Choua Vue, age 20, is a junior at the University of Minnesota. She was born in St. Paul to parents who fled Laos in 1983. She's the sixth of eight children. She's majoring in urban studies and wants to be a filmmaker.

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White Bear Supt Speaks at Century Oct 1

Nancy Livingston

White Bear Lake Area Public Schools Supt. Dr. Michael Lovett will address the topic of why learning world languages is important to our future at a free public luncheon on Thursday, Oct. 1, at Century College. The event will be held on the East Campus Lincoln Mall.

Lovett holds a master's degree and a doctorate from the University of Minnesota. He earned his bachelor's degree from Carleton College. As an undergraduate, he also studied at Doshisha University in Kyoto, Japan.

Dr. Lovett oversees the White Bear district's 8,500 students and over 1,000 employees. He also teaches at the University of Minnesota and is a published author.

This event is part of Century College's K-12 Luncheon Speaker Series. It is free and complimentary box lunches will be provided. Please contact Century special events coordinator Sue Klecker at 651-773-1792 if you plan to attend.

Warehouse Request Procedure

Glenn Price

Hello Everyone,

I have been getting a lot of requests coming to Warehouse via e-mail and walk-ins. I cannot always honor requests without a work order being placed.

Go to: <http://www.century.edu/help/>

Reminder: Drop down menu use.

General requests - (such as marketing supplies, letterhead, brochures, etc.) Use "Warehouse request"
8.5 X 11 white copy paper - Use "Paper request"
College Catalogs - Use "Catalog request"
Class Schedules - Use "Class schedule request"

Everything that is done here in the Warehouse has to be documented, Man hours used, Turnaround times etc.

Please help us to help you by requesting anything and everything from the Warehouse via the WO system.

4th Annual Mental Illness Awareness Fair Wednesday, Oct 7

Kari Chaffee

The Counseling Center will be sponsoring the 4th Annual Mental Illness Awareness Fair on Wednesday, October 7th. The schedule for the day is listed below. We hope to see you there!

8:00 AM-7:00 PM

Depression Screening in the Counseling Center

Students can take an assessment and it is interpreted by a counselor. Appropriate referrals are given.

10:00 AM-1:00 PM

Mental Illness Awareness Fair in the Main Commons

Approximately 25 local community agencies sit at tables in the Main Commons to display and explain their mental health services to students.

1:10-2:00 PM

Presentation in Theatre

Topic: Depression & the College Student

Consider bringing your whole classroom or offering extra credit points for attendance. We will provide proof of attendance documentation for students to present to their instructors.

Please contact Jean-Marie Brennan or Kari Chaffee for further details or questions.

Century Alum Speaks at MN Tile Festival

Nancy Livingston

Christine Nelson, a member of Century College's first Kitchen and Bath Design Class, was the keynote speaker at the 8th Annual Minnesota Tile Festival on Saturday, Sept. 19, at the Swedish Institute in Minneapolis. Nelson, who has her own design firm in Minneapolis, told her audience that selecting a unique tile backsplash can be one of the first steps in redoing a kitchen.

"Tile is one of the first things you see when you walk into a kitchen," said Nelson. "It protects the wall and it makes a statement."

Nelson said in Minnesota, kitchens tend to be remodeled every 20 years, on average. She said glass tiles are a popular trend, and people sometimes combine them with clay tiles. Accent tiles that are laid in a cluster or medallion over the stove also are popular. In bathrooms, she said the retro look of subway tiles is popular, especially when decorative tiles are used as a border.

"Tile incorporates into a house art that lasts and lasts," said Nelson.

Nelson recently won an award at the 2009 NKBA (National Kitchen and Bath Association) Midwest Home Magazine Awards Gala. She won in the category of small kitchens (less than 35 sq ft of countertops) - Honorable Mention.

Christine's website is www.christinenelsondesign.com.



Eighth grade students from St. Paul's Washington Technology Middle School learned all about college Sept. 24 after spending the day at Century. Principal Mike McCollor (pictured) spent the day with the students and was impressed

with the visit. "Not everyone needs to go to a four-year college," he noted. Pakou Vang addressed the students in the morning about the importance of making plans for your life. The middle school students spent time in the Fab Lab and the Kopp Technology Center with Scott Simenson, Bob LaFavor and Century students. They also did some theatre exercises on the West Campus theatre stage with Tim VanNess and explored behind the scenes with Will Slayden. All raised their hands when they were asked who is going to college.



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Minn. College Expands to Meet Demands of Truck Driver Openings

As reported by Luke Garrison, KSTP- 5 Eyewitness News on Sat., Sept 24, 2009

Century College in Afton is expanding their course offerings to meet the growing demand of the trucking industry. In a time where it is tough to find work, the trucking industry is having a tough time filling all their jobs.

Century College held a job fair as part of the grand opening of their new transportation training center. It is a program that many believe will help more Minnesotans get steady jobs. "This facility will put us in place to offer the kind of training that will be needed to meet the demand of the trucking industry," said Century College Vice President Mike Bruner.

The grand opening was well-attended, and one participant says the new program will be a tremendous opportunity. "You have good opportunities for long-term employment through the trucking industry," said Dan Casey of Oakdale.

Over the next few years, the shortage of truck drivers is expected to get larger. "In the next six years the transportation industry is going to be short by about 20 percent of the drivers needed to fill the industry. So that means five to six thousand drivers need to be trained in the next five to six years," said Bruner.

As for Dan Casey, he is excited to find a job on the road very soon. "Seeing the country, just having that experience to get out and see things that you wouldn't see on a daily basis," said Casey.

Average truck driver salaries start around \$45,000 per year. Not all trucking jobs are across country; some jobs are local. The trucking industry is also looking for more female drivers to fill the shortage.

Doing Century College as a Twin

Nancy Livingston

Amy and Sarah Daher of New Brighton are negotiating Century College with a built-in support system - each other.

Born 21 years ago with a gallery of 30 doctors watching, Amy and Sarah were highly unusual because they came from two eggs with a shared placenta. For a time, it was even thought that they might be conjoined. They were not. The birth was difficult, but things turned out fine.

Today these young women are animated, athletic, brainy and deeply connected with each other. They tend to talk in stereo, finishing each other's sentences and zooming from topic to topic. Graduates of St. Anthony High School in 2007, they were active in gymnastics for many years. At Century, they both play on the women's soccer team. Amy's goal is to become an attorney, and Sarah wants to be a criminal justice investigator.

"She's more the dreamer and I am more reality," said Amy.

"In restaurants, I can't choose," said Sarah. "I like it all."

"I order for her," said Amy.

Two years ago, Amy enrolled at Century and Sarah started college at a different school. This year, they are both at Century, happy to be together again.

"Amy calls me 30 times a day," said Sarah.

"We are used to talking to each other," said Amy. "We usually agree, but we are two strong personalities and when we disagree..."

"It's a rumble," said Sarah.

Amy and Sarah are firm believers that it takes a village to raise a child. Growing up, they lived with various family members and even their gym coach, for a time.

"What we have, we have worked for," said Sarah, who noted that she and her sister have held a variety of jobs since they were 14 years old. "Our grandparents always told us that if you want something, you have to work for it."





CTL NEWS

Michele Neaton

THE COLLABORATION'S FALL CONFERENCE

Century College is a regional member of the Collaboration for the Advancement of College Teaching & Learning. Our membership means all Century faculty, staff, administrators and students are eligible for the discounted member rate to attend the Collaboration's two conferences that are scheduled each year.

Registration is now open for the November conference (see details below), and there is an additional discount for teams of participants from member colleges. Contact Michele Neaton by Oct. 19 if you would like to attend and receive the team discount, which requires that we submit our registrations together.

"Bridging the Generational Divide: Working Together to Teach Millennial Students"
November 13-14, 2009
Sheraton Hotel, Bloomington, Minnesota

The goal of this conference is to explore the need for educators to understand generational differences on campuses and to discover how faculty and staff are addressing the issues and challenges that arise between generations. The conference features two renowned keynote speakers. Marc

Prensky will present a plenary session on fostering "Digital Wisdom" to utilize the latest tools in support and service of teaching and learning objectives. Prensky, author of *Digital Game-Based Learning* and *Don't Bother Me Mom—I'm Learning*, focuses on reinventing the learning process, combining the motivation of video games and other highly engaging activities with learning content. In addition, Miriam Diamond, who is Coordinator of the Religion and Public Life Project through the Society for Values in Higher Education and is on the editorial board of the international journal *Active Learning in Higher Education*, will present a plenary session, "Who Wants to be a Millennial? Understanding This Generation of Learners." She will address major characteristics of Millennials and their preferred ways of working, learning, and communicating, examine what motivates this generation, and explore how faculty, staff, and administrators can tap into their strengths. The Fall Conference also offers more than 30 pre-conference and concurrent sessions. For more information about the conference, go to www.collab.org.

CTL Campus Leaders:

Michele Neaton, michele.neaton@century.edu or ext. 3245
Connie Poferl, connie.poferl@century.edu or ext. 5770



Letter from a Century College Student/Soldier

This is an open letter from Nicole Fagula, a Century student and a member of the Minnesota Air National Guard. Nicole lives in Hudson, Wis.

Veteran Club Member,

Do you realize how fortunate we are here at Century College to have a Veteran's Club available to us? There are only 32 percent of the schools with special services that have such groups as this. We should take advantage of this opportunity. Join us at the meetings and use this avenue to form new friendships with other vets, find out what VA resources are available to us through the college, and use this time to discuss ways to improve upon VA benefits that are currently in place.

The Veteran's Club offers us veterans an opportunity to build new friendships and share our experiences with members of other forces, whether those experiences are from war, training from our local military base, or simply our studies that have led us here to Century College. Most of us aren't the typical college age student. Many, I'd venture to say, have

had the opportunity to travel the world. Perhaps you've been involved in situations that many students may not be able to understand. The Veteran's Club is a great place to talk about these experiences.



Century offers student veterans a room of our own - a place for us to meet, do homework, or just relax before our next class. Let's add a little flair to the room and bring in photos of your military adventures. Under the photo area, you'll find computers available for your use. Also, check out the college website. It has a veterans' benefit link available and is a great source of information pertaining to grants, scholarships or other military websites. The college also offers assistance from a friendly and helpful Veteran's Service Coordinator, Lynn LaVaverdiere, as well as local VA representative Ray Bohn. Ray is the go-to guy armed with the most up-to-date benefit information. He will be available to us in the vet room on September 28 from 1000-1300. A few of us may have

already spoken to him concerning the Post 9-11 GI Bill. I know he has provided a wealth of information to me.

As of August 1, over 112,000 veterans have been approved for the Post 9-11 GI Bill and many say that this is the biggest surge of veterans to use this benefit since World War II. How is this bill working for you? Are you having any problems working through the eligibility process? Do you have suggestions to improve this bill? Let's use the meetings to talk through problems associated with the GI Bill. This will ensure you get the most out of your educational benefits. We could also use club meetings to pose changes to the Post 9-11 GI Bill, an opportunity to make it better for fellow veterans in the future.

As military members we are trained to be the best individual we can be, to work as a team, and to use our resources when available. We should use the Veteran's Club meetings to discuss any problems or needs we as veterans have. So offer up your voice. Get involved. Let's make our veterans' presence known here at Century College. Come to the meeting September 29, Vet's rm at 1400.

Hope to see you there,
Nicole Fagula
Veteran's Club member

Faces & Places Around Century

Nancy Livingston



Left: Century has set up a cross-divisional team designed to coordinate communication inside and outside the college, and to collaborate to identify, develop and deliver new and existing programs and services to respond to current workforce needs. The team members are Jill Aitchison, Jane Nicholson and Bridgett Backman.

Right: Bob Hathaway shared his gorgeous dahlias with several campus offices last week.



Below: Kay Ellingwood has completed her post-annuitant retirement phase at Century and is now officially retired. She was bid a fond farewell with treats on Sept. 24. We will all miss you, Kay!



Left: The Century College Foundation held a golf event at Oak Marsh on Sept. 24. Participants included Helen Bruner, John Kothera, Joe Shultheis and Britta Carter.

Below Left: Mark Hovelson and Mike Bruner were among the golfers present. **Below Right:** Other golfers: Dave Pawlik and Mark Hill.



Transportation Training Center Grand Opening a Success!

Nancy Livingston

Century College celebrated the grand opening of its new Transportation Training Center in Afton on Saturday, Sept. 26, with beautiful weather, great attendance, trucking industry employers, prospective students, community members, activities for the kids, K102 country music, food from Famous Dave's and college faculty and staff. Velvet Walker of CECT coordinated the event and Vice President Mike Bruner was the emcee.



Left and Below: Prospective students talked to employers and Century's Jon Olson of the truck driver training program.



Above: Velvet Walker and Mike Bruner
Right: Century employees Kim Peterson and Deb Pelland with Kim's children



Left: Rep. Carol McFarlane, a Century alum, attended with her husband, Pat, and grandchildren.

Above left: Vice President Mary McKee checked out the cake and Bob Hathaway's flowers.

Above Right: The new transportation center houses three classrooms, common spaces, offices and truck bay.

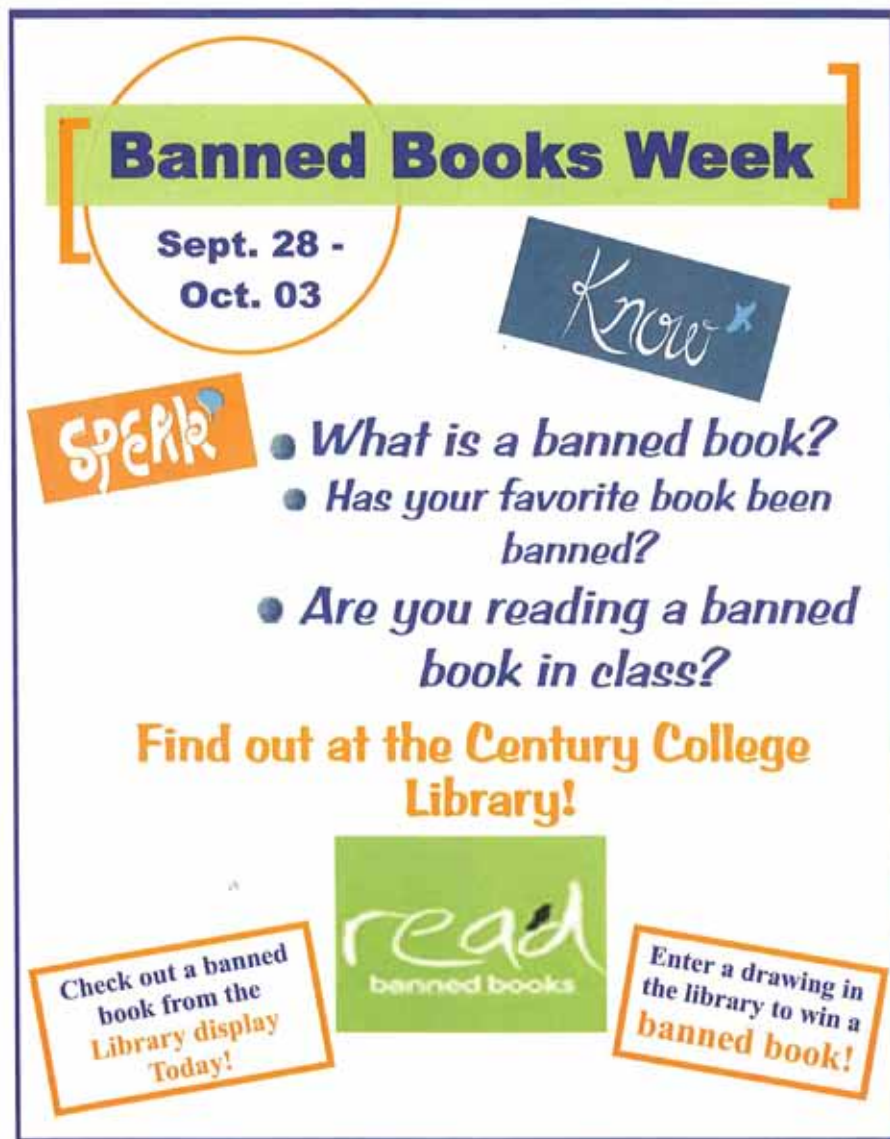
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Volunteers needed!

Nancy Livingston

Century is hosting a visit of the entire 8th grade of Skyview Middle School on Thursday, Oct. 8. They will be seeing a CLIMB theatre performance in the theatre, listening to a panel discussion and then touring the campus. If you can help with the tour at about 10:15 a.m. on Thursday, Oct. 8, please contact Nancy Livingston at ext 3222. It will take about 45 minutes. Thanks much!

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Banned Books Week

Sept. 28 - Oct. 03

Know

Speak

- *What is a banned book?*
- *Has your favorite book been banned?*
- *Are you reading a banned book in class?*

Find out at the Century College Library!

read
banned books

Check out a banned book from the Library display Today!

Enter a drawing in the library to win a banned book!