



the clocktower



Scan My Card, Scan My Heart

“We need to grab worship credits and throw them on the ground. They’re putting a number to my worship and I hate it.”

STORY ON PAGE 4



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What do you fear most?



“I don’t have a lot of fears, to be honest. I don’t like my feet hanging off the bed because I feel like someone is going to snatch me. Like, drag my feet off from under the bed.”

“Do you check?”

“No, but I dont like it. Especially in pitch blackness, when I can’t see anything. I just get in bed and think about it. But what if there was something, you know? If you looked, it would just be waiting for you. It could just grab you.”

Jeremy Howard, senior international rescue and relief major

“I am scared that if I wear baseball hats, my hairline will recede. I’m terrified. My grandfather told me that when I was little and it stuck with me into adulthood. Debbie wears a lot of baseball hats, and I’m scared every single time.

“I’m also scared every time that I go into a store that I will steal something by accident. I think I’ll just pick something up and leave.

“I have a lot of irrational fears. I’m scared that I will walk into a men’s bathroom by accident. I was in Tunisia once, and I walked into one by accident. And it was full of men! I didn’t know what to do. I didn’t have the equipment for that.”



Natalie Bruzon, junior communication major

Houc is compiled by Chelsea Aguilera.



DEREK BAKER

The NFL under pressure: Ray Rice scandal calls leadership into question

Integrity and suspicion in the NFL

In early morning hours of February 15, 2014, Baltimore Ravens running back Ray Rice was seen dragging his then-fiancé out of an elevator at the Revel Casino Hotel in Atlantic City, New Jersey. Atlantic City police arrested both Rice and Palmer, who claimed they hit each other. Both Rice and Palmer were charged with assault.

Four days later, TMZ released the security camera footage of Rice dragging an unconscious Palmer out of the elevator. Baltimore Ravens head coach John Harbaugh spoke on the issue a few days later, saying, “There are a lot of facts and a process that has to be worked through in anything like this. There are a lot of question marks. But Ray’s character, you guys know his character. So you start with that.”

On May 1, Rice pled not guilty to aggravated assault. Later that month, the Ravens held a press conference with Rice and Palmer. “I failed miserably, but I wouldn’t call myself a failure because I’m working my way back up,” Rice said. “I know many of my supporters, sponsors don’t want to be in partnership with me. That’s my fault. I take full responsibility for that. One thing I do know is that I’m

working every day to be a better father, a better husband and just a better role model.”

On July 24, the NFL announced a two game suspension for Rice starting August 30. It would all come tumbling down less than a month later.

On September 8, TMZ released the surveillance footage from inside the elevator. The video shows Rice punching Palmer with a violent and malicious left hook. It didn’t take long for the Ravens to terminate Rice’s contract; then NFL Commissioner Roger Goodell announced that Rice would be indefinitely suspended from the NFL. The NFL claims they had never seen the footage until that day. According to TMZ, the NFL never contacted the casino in hopes of viewing the footage. The next day, the Associated Press reported that a law enforcement official had sent a copy of the elevator video to the NFL office and was informed that the video was received on April 9, long before Rice’s punishment was enforced.

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Scan my card, scan my heart

The worship credit controversy

ABNER CAMPOS

Most Unionites will eventually complain about worship credits. Why should Union keep track of your relationship with God via ID cards and scanners? The answer is surprising, to say the least.

I came into writing this article thinking, “We need to grab worship credits and throw them on the ground. They’re putting a number to my worship and I hate it. If anything, this system is doing a disservice to Adventist college students’ relationship with God.”

Now, let me show you my worship credit conversion.

Your parents are sending you to an Adventist school for a reason. If they wanted you to be in a secular university they could do so for much cheaper. Maybe you’re coming to Union out of your own pocket—you chose an Adventist institution for a reason. How does the administration here ensure you’re getting your money’s worth?

While sitting with Pastor Rich, I quickly learned his stance on this issue. He is in no way trying to tie students down by

monitoring their worship. While he was a student at Union College, Pastor Rich and his classmates were required to attend each and every religious event—yes, each day, several times a day, for the entire year. Still think 35 required credits a year is a deal-breaker?

Pastor Rich and colleagues have refined the system as best they could. They have held on to the need for a Seventh-day Adventist Christian environment while liberating students by encouraging them to have a personal relationship with God.

“I don’t think that not going to vespers means someone has a better or worse relationship with God,” Pastor Rich said, “but how can we keep track of 800 to 900 students? It’s not possible. Scanning just makes it easier for me. If I only had eight kids to watch for family worship, I wouldn’t scan them in. We scan because there are so many of you.”

I’ll add on to that: if we’re going to attend an Adventist school, shouldn’t we hold on to that which allows us to remain distinguishably Adventist?

Sitting down with Dr. Linda Becker, I listened to her stance on this issue. She pointed out the uniqueness of Union College versus UNL and other non-faith-based institutions. “Something we covenant to give you is God time ... because you are here. Nobody can make you worship—that’s your choice if you worship, but what we can do is provide moments in your day where you can think about God and let God work.”

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Students should take pride in this statement. Your school strives to open the door where you and God can kick it.

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Students should take pride in this statement. Your school strives to open the door where you and God can kick it. Moreover, worship credits are not just about being one-on-one with God; they’re also about being with a community of fellow believers. As Dr. Becker said, “We play together, we worship together.”

Something unique to Union’s worship credit system is that it is not confined to our card-scanning system.

Campus Ministries and other administrative staff have designed a program called HeartScan. HeartScan is for any student who met all of their worship credit requirements during their first year and wants to step out of the card-scanning ritual.

Every other week, a student will sit down with their mentor (a faculty or staff member) and talk about life and God and school. The HeartScan program is an alternative to scanning your ID card for worship credits. Students can enter this mentorship program by picking up a HeartScan application in Campus Ministries, asking Dr. Becker to sign it for approval and giving it to Pastor Rich.

Union College administration strongly encourages this program because it allows you to take your relationship with God to another level, in a different way.

Whatever your perspective on worship credits is, know that Union’s leaders want the best for your relationship with God—not by force, coercion or manipulation, but by grace, freedom and mentorship. And if you’ve built barriers to keep yourself from receiving a blessing from religious events, may you now allow them to reach you through their relevance.

The system isn’t perfect. But it’s good.

Every purchase matters

Celebrate Fair Trade Month and improve an entire community's daily lives



EMY WOOD

When you take a sip of coffee or pull on your favorite cotton shirt, thoughts of poverty and exploitation are not likely to cross your mind. But for farmers and producers in developing countries, it's a harsh reality of the unfair international trade system.

This October, celebrate Fair Trade Month by raising awareness for the Fair Trade Movement, which promotes sustainability and helps producers in developing countries achieve better trading conditions.

In international trade today, long distances, limited resources and too many middlemen stand between producers and consumers. This means farmers may get only pennies for your \$3 latte.

The Fair Trade Movement's market-based approach cuts out the middlemen and guarantees communities a minimum fair price for their work. By linking farmers directly with importers and establishing standard working conditions, fair trade makes it possible for farmers to earn a decent living wage. Instead of allowing producers to go into debt as they struggle to survive, this system creates sustain-

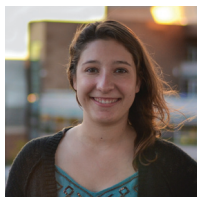
ability and hard-earned dollars for every coffee bean.

The overall result? According to Fair Trade USA, "Direct, equitable trade enables farming and working families to eat better, keep their kids in school, improve health and housing and invest in the future."

While best known for its hand in the coffee industry, fair trade has grown to encompass nearly 12,000 products in the U.S. such as tea, chocolate, body care items, toys and clothing.

"It's like a farmer's market gone global," said Fair Trade USA founder Paul Rice in an interview with the San Francisco Chronicle. "[Fair trade] is a way for you and I as conscious consumers to have a powerful impact on the lives of farmers and their families around the world." The funds from these purchases support social, economic and environmental developmental projects designed to improve the quality of life for communities in more than 70 developing countries around the world.

continued on <http://clocktower.ucollege.edu>



Owner of Persian restaurant delivers deliciousness

Adding spice to Lincoln's dish

ELENA CORNWELL

Her favorite color is turquoise, but I wouldn't have guessed it from the decorations.

As I walked in, I saw tablecloths of red, orange and gold covered with plastic for easy cleaning. Persian music tickled my ears as I took in the long line of dishes. I'd entered Daffodil's, a Persian restaurant owned by Narges Montezar, an immigrant from Iran.

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PSA on PDA

Don't put the "sick" in lovesick



SLADE LANE

School's been in session for more than a month now. You've had a million chances to approach that cute girl in your connections class or to giggle at that guy in physics. Dates, dinners and too many movies you lied to each other about loving (but you didn't). Either way, the planets have aligned and you are each other's everything. For the couples who can't get enough of each other, this public service announcement is for you.

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KATIE MORRISON

Putting your fashion foot forward

Fall 2014's hottest trends

Nebraska has some bipolar weather, which sure is frustrating when deciding what to wear. As fall approaches and the temperatures start to drop, find out what trends are popular on the runway and use them for your closet.

Two words: ankle boots. Last fall these made a splash in fashion shows and on Pinterest. This year, they are no longer a suggestion. Ankle boots are versatile, classy and comfortable. Instead of focusing on the lace-up biker versions, try the stylish Chelsea boot.

“My favorite piece for this season is a pair of army green Chelsea boots. I feel like they go with everything!” said Azriel Peckham, a senior nursing major. “I think if you’re going to splurge, a pair of cute ankle boots is a great way to go. They’re an easy way to make a simple outfit a bit more edgy.”



When people think of flannel, “lumberjack” might come to mind, but not this season. Flannel is super versatile and can be casual or dressy. Plus, the print works for more than just shirts. It’s great on jackets, accessories or even pants (disclaimer: for girls only. Sorry fellas, but unless you’re a professional golfer, it’s best to steer clear of the tartan pant). Stop by American Eagle for some awesome button ups or swing by your local thrift store if you’re feeling vintage-y.

Converse must’ve made a killing this summer because pristine white fresh-out-of-the-box sneakers were everywhere. This gender-neutral trend is carrying over into the colder seasons as well. Additionally, standard sneakers have stood the test of time and demand to be recognized. No need to have hidden wedges or conform with those Jordans—branch out into a shoe that’s classic and functional.

“A trend I noticed on the West Coast is retro running shoes like New Balance,” said Rod Stickle, a fashionable senior studying international rescue and relief. “They’re super comfy. They caress my feet like meat in a burrito, or salmon in sushi, or Jesus in the manger.”

..... Another tip: don't be afraid to scuff your sneaks up. Clean and shiny has its place but the worn-in look gives the desired effect.

The sweater game is throwing it back. Fair Isle prints lead the pack as the most popular sweater this season. This style, originating in Scotland and made popular by the Prince of Wales in 1921, is reminiscent of fishermen, cozy fireplaces and hot cocoa. Channel your inner

Scandinavian by wearing your Fair Isle jumper with confidence.



KYLE BERG

Beards and biceps

99 problems, but a bench ain't one

This week I had the privilege and pleasure of interviewing one of Union College's most dedicated gym rats, Spencer Curtis.

A champion of curls, kettlebells, crunches and a slew of other brutal biomechanical endeavors, Spencer is said to have 99 problems, but a bench ain't one.


Spencer started taking his gym time seriously after coming to Union as a transfer student from Walla Walla University. "I still wasn't very knowledgeable about weight lifting, but my roommate and I decided we were going to get consistent. I still didn't know anything about diet and I did not know anything about the supplements I was taking. It was all just more dedication at that point."


Up to that point he had been hitting the glamour muscles (biceps, triceps and chest) with friends from high school. He had no routine and little to no gains.


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SEPTEMBER - OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
28	29 8:30am LSAT 7:00pm UC VB vs NE Wesleyan JV (Away)	30 10:30am Chapel 11:30am-1:00pm ASC	1 Nursing Application Deadline 2:30-4:00pm LEAD Committee	2 Preview Days 10:30am HHP Awareness Meeting 7:00pm UC VB vs Manhattan Christian College (Away)	3 Preview Days 7:30pm Vespers: Power Pac, Jan Paulsen Sunset 7:05pm	4 Preview Days CVC Power Pac: Jan Paulsen 7:00pm VZ ASB Pizza Machine Sunset:7:04pm
5 Preview Days	6 National PA Week PA White Coat Ceremony 9:30am UC Board of Trustees Meeting 3:30-5:00pm Academic Council	7 10:30am Chapel 3:30pm Union Scholars Advisory 6:00pm UC VB vs Faith Baptist	8	9 10:30-11:30am Faculty Senate 4:00pm UC VB vs Central Christian College (Home) 8:00pm UC VB vs York College VB (Home)	10 Fall Break Spring Textbook Orders Due Campus Store/Mailroom Open: 9:00am-1:00pm	11 Sunset: 6:52pm


THUMBS UP/THUMBS DOWN
FROM "THE CLOCKTOWER" STAFF

 to the artist who created invisible art and is getting people to pay for it.
—Joe Hofmann

 to "Walking Dead" season four on Netflix.
—Slade Lane

 to FIFA15.
—Abner Campos

 to Blue Sushi's all-day Sunday happy hour.
—Steven Foster

 for "The Fault in Our Stars" being banned in schools.
—Kyle Berg

SATURDAY OCTOBER 4, 8:30 PM

United We Eat. United We Play. #UnionUnited



SIGNUP FOR RIDES/GET DIRECTIONS IN STUDENT SERVICES
\$ 10.00 FOR NON-ASB

WE CAN'T HEAR YOU.

Yeah, we're going to need you to speak up.

Like us, hate us or anywhere in between, we'd love to hear why. Have a story you'd like to pitch? We'd love to craft it. Did you just make a big breakfast? Tell us why your mother's german waffle recipe is better than Paula Dean's.

Basically, just write us.

Voice your opinions by emailing cltower@gmail.com, and by adding to the conversation by connecting with us on Facebook at www.facebook.com/ClocktowerASB and online at <http://clocktower.ucollege.edu>.



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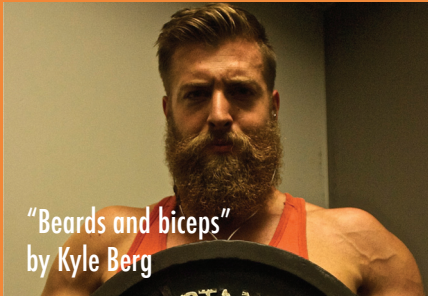
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“The Clocktower” is published weekly during the school year by the Associated Student Body of Union College, 3800 S. 48th St., Lincoln, NE 68506.

The opinions expressed are the opinions of the writers and are not to be construed as the opinion of the editors, Associated Student Body, Union College or the Seventh-day Adventist Church.

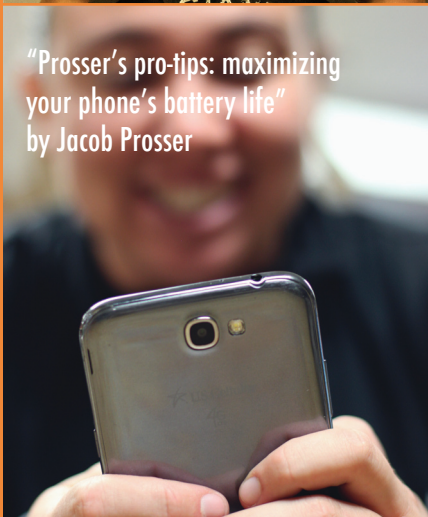
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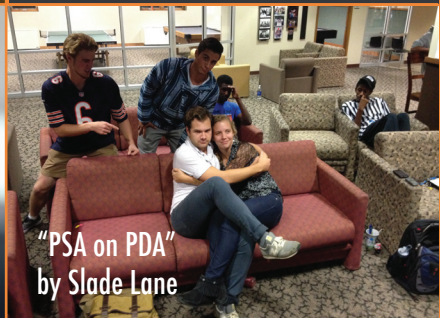


"Beards and biceps"
by Kyle Berg

This week's online articles will show you who's who on student senate, give you great tips on boosting your phone's battery life and investigate the link between video games and violence.



"Prosser's pro-tips: maximizing your phone's battery life"
by Jacob Prosser



"PSA on PDA"
by Slade Lane



"Today a killstreak, tomorrow a murder"
by Jordan Zy



"Every purchase matters"
by Emy Wood