

# THE CLOCKTOWER

## In the News...

The war in the Persian Gulf has set off a boom of consumerism in Lincoln. More flags and yellow ribbons are being sold in Lincoln now than at any other time local merchants can remember.

Nearly two years after the Exxon Valdez disaster in Alaska, the world is confronted with an oil spill many times more devastating in the Persian Gulf—and is ill prepared to deal with it.

The shock and anguish from America's worst space disaster are gone. The wounds, NASA says, have more or less healed.

For many at NASA, it seems like only yesterday that the shuttle exploded 73 seconds after liftoff, killing Christa McAuliffe and the six other astronauts aboard and halting space flight for 2½ years.

The Beijing University student who helped ignite China's 1989 democracy movement, Wang Dan, was sentenced to four years in prison. Long time dissident Ren Wanding got a seven-year sentence.

### Who's in the Gulf?

Michael Fortney    Ron Bramblett  
Kevin Norton      Alan Clapper  
Jayson Boque     Chuck Parrish



photo by Erik Stenbakken

Steve and Annie Chapman share their love for Christ through music and testimonials at the College View Seventh-day Adventist Church. The concert was well attended by the Union College family and also the community at large.

## Union Embraces International Students Through ESL Program

by Kay Flaska

Exciting things are happening in Rooms 203 and 204! This is where the all-new ESL (English as a Second Language) classrooms and lab are now located.

The international atmosphere in these rooms bustles as foreign students refine their skills in writing, reading

and speaking English. Daily reading classes are taught by Mrs. DeLora Hagen, and grammar and composition classes are instructed by Mrs. Kay Flaska. In addition, Barbara Rosenthal has a weekly conversational class and Shan Thayer and Kathryn Krueger serve as tutors for those wanting extra help in

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## You are invited...

Come help us celebrate "The Year of the Goat" hosted by the oriental students and Food Service! Great food and great fun! This Chinese New Year celebration will be held on February 12 at 6:30 p.m. in the Food Service dining room. Tickets are \$6.00/person and may be purchased at the checkout stand in the cafeteria (you may charge it on your cafe minimum).

## THE CLOCKTOWER

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THE CLOCKTOWER is a bi-monthly publication of the ASB. It is a forum for a student-oriented news and opinion.. All letters, personals, stories, poems, king-size Snicker bars, dollar bills, and all loose change should be in our mailbox (in the College Bookstore) by Thursday at noon for inclusion the following week. All unsigned editorials are the opinion of THE CLOCKTOWER and will be written by the editors. All other opinions expressed are those of the author and must bear his or her name. THE CLOCKTOWER reserves the right to edit and/or paraphrase letters for reasons of clarity and space. Address: 3800 South 48th Street Lincoln, NE 68506 Phone: (402) 488-2331

## Letter to the Editor

*Dear Editor,*

*Before Christmas I interviewed Dennis Sexson about his working his way through school. He told me that he has taken out loans for only \$6,000, and is in his junior year. How does he do it?*

*He said he has always put in 8-10 hours on Sundays, with at least another 15 to 20 during the week. It sounded familiar—many students of my generation worked over 20 hours a week.*

*But this is not Dennis's whole answer. He learned auto body work at Enterprise Academy. Paid on commission, he does very well for the time he puts in. One summer he managed the M & M Precision Body and Paint shop. He has also worked at finishing speaker cabinets for a stereo company. He found his jobs through the Yellow Pages.*

*If there's a moral to this story, I suppose it would be develop salable skills and make good use of Sundays. My own method was to be a literature evangelist in summer and a printer in winter.*

*Ralph Neall*

## Why not work at Glacier View

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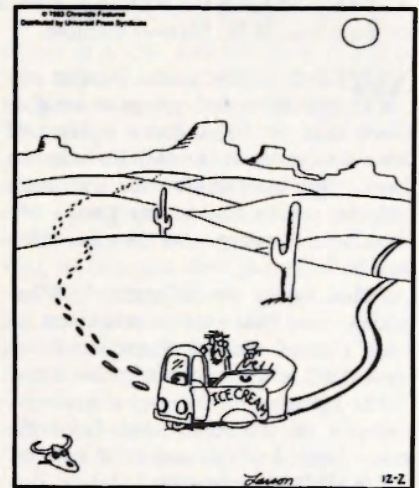


photo by Erik Stenbakken

Mildred Wittmuss applies patches to Matt Pfeiffer's arm. The patches are an essential part of a study conducted by Harris Laboratories, serving as a fund raiser for the Music Department.

THE FAR SIDE

By GARY LARSON



"Let's see ... no orange ... no root beer ... no Fudgesicles ... Well, for crying out loud! Am I out of everything?"

## Senate Report Card

by David K. Tan, Executive Vice-President

At the beginning of this year, the Union College Senate opened First Session with a long list of student needs, procedures, improvements, and other goals that needed desperately to be met. I am pleased to report that all of these goals have been surpassed or are well on their way to completion.

You, the Associated Student Body, were challenged for the first time in recent history to raise a substantial amount of money toward matching a grant offered by the Woods Foundation. The Century Sale, letter-writing campaign, recycling project, and other efforts have brought in nearly \$4,400.00! (You may give yourselves a round of applause.) No doubt, similar challenges will come our way again, and I would encourage you to continue meeting these types of challenges in the future.

The widespread and consistent use of the recycling containers has been a very positive source of excitement for all the Senators, Officers, and Advisors. Many of you have environmental awareness projects. I thank you for your response. Your suggestions have helped your Senators and me a great deal as we shape and refine these environmental projects.

The Senate Rules Committee, chaired by Andrew Lighthall, has been busy addressing issues of controversy and question. Currently, they are in the process of assisting me in the tedious, but much needed, task of Constitutional revision, of which you will see and hear much more soon.

The Senate Appropriations Committee, chaired by Virgil Minden, has done a good job in properly allocating funds for various projects and needs. They are continuing to direct revenue toward items that will benefit you, the student.

The Student Center is moving ever closer to completion! Many of you have asked how plans have been going. On the short-term agenda, the new deli should be in place and operational by this fall. The new auditorium is next on the list of things to do.

Senate liaisons to the Publications Board, Trevor Mahlum and Becky Lane, report all is going according to schedule for the Golden Cords, Clocktower, and Yearlook.

Rees Hall, Senate Districts One through Five, had their requests answered by the Fifth Session of Senate when new lighting for the pit was completed and operational.

Village students, Senate District Eleven, have a much needed and requested coat and locker room in place. A lot of positive and thankful comments were received by Senators Debbie Forshee and Virgil Minden.

Another much needed improvement has been the widening of the road on the north end of the Don Love Building. Hopefully, this addition will help decrease the risk of future accidents around that corner.

This year, I've tried to have the minutes from each session posted in prominent places. A lot of you take pride in your ASB; consequently, you will stop and read these minutes. However, there are a few of you that don't, and I would encourage you to do so. The ASB is only as effective as you want to make it.

Many of you have approached your Senators and me with certain concerns. We have done our best to meet these inquiries, and I am glad that you chose to utilize your resources in student government. Our work isn't over yet. We still have six important sessions in the remainder of this term. The Executive Officers, Senators, and Advisors thank you for your ideas and input. With your continued help and support, we'll be able to close this term in May with many successful endeavors behind us.

\*



## Effective Weight Control

by Sang Lee, M.D., Weimar Institute

Why do many obese people eat very little and yet gain weight? Some take on 900 calories a day and have to cut down to 600 in order to lose. But people like me eat 2000 calories a day and never gain. My weight is constant. So they say, "It's not fair!"

What makes the difference? What makes your brain think you need to burn a lot of calories? Exercise! But if you don't exercise your brain says, "This person doesn't want to burn calories. So I'll reduce the metabolic rate. Instead of burning 2000 calories a day I'll burn only 1800." And if you still don't exercise it says, "Let's go down to 1600." So you eat 2000 calories but burn only 1600, leaving 400 to be stored in the garage. Your garage starts expanding. Once your body was a three-bedroom house with a one-car garage. But now it is a one-bedroom house with a three-car garage. It looks funny. You say, "Whoops! I'm gaining weight. I'm going to eat only 600 calories today." Your body wants 1600, but you give it 600. So it says, "What am I going to do?" If your brain insists on 1600 calories, it will make calories by burning up muscle, even your heart muscle. Starvation initially burns up muscle. If you want to burn fat, exercise. Fat is burned by muscle.

Your brain says, "Maybe this starvation diet is for only two or three days, so I'll burn muscle." But if you keep dieting for four or five days your brain says, "I'm not going to burn so much muscle any more. I'll cut calorie consumption instead." So now you burn 800 calories a day, only 200 of them in muscle. But you are still losing muscle. With less muscle you have less equipment for burning calories. In addition you have programmed your brain to lose less calories.

Then what happens? You see a luscious pizza on TV, and you say, "Oh shucks!" Then the shucks hormone comes up—noradrenaline. Noradrenaline is more powerful than adrenaline. It stimulates the feeding center of your brain, the hypothala-

mus. Now you crave pizza. You can't overcome that craving. When your brain wants to do something you will do it, no matter how hard or long you resist. Eventually you will pig out. You don't know why you are eating wildly, but you made yourself do it because you didn't act sensibly.

After a while your will power takes control again. You go back on the diet. But now you have more surplus fat because you have less muscle. That's why you eventually gain back your original weight. Each time you try, you lose more muscle and shrink your metabolism more. You become heavier. You try many diets, you lose many pounds, but they all come back. Your brain is determined to get them back. Why? Because your brain never agreed to your plan.

Scientists call this the yo-yo phenomenon, well proven in animal

experiments. There are two groups of rats. Group A is given food regularly, three times a day. Group B starves two days a week. Which group eats more food? Group A, because they never miss a meal. Which group gets heavier? Group B. Why? Because while they fast they lose muscle and their metabolism decreases. They not only become fatter and fatter but they develop high blood pressure. Starving increases stress and noradrenaline.

At Weimar Institute I have seen many people like this. They try all kinds of diets. One woman had lost 260 pounds, but still weighed 260 pounds. The more she tried, the worse her weight problem became.

So what should you do?

First you have to educate your brain. You need to ask yourself, "Do I want to eat this junk food and gain weight? Do I want to weaken my T cells? Do I want to get cancer, diabetes, and heart disease?" You may convince your brain that ice cream is

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### Rocky Mountain Conference

# ADVENTIST WINTER FESTIVAL BRECKENRIDGE, COLORADO

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- Sunday features a NASTAR race with an awards party

For Information Packet contact Rocky Mountain Youth Department, 2520 So. Downing, Denver, CO 80210. Phone (303) 733-3771, Fax (303) 733-1843.





Winter's frosty breath turns the majority of Union's campus into a crystalized fairyland.

## Calendar

January 3-February 2: MAU Band Festival

- 1: Vespers - MAU Band Festival  
VI Alternative - CABL Cafe
- 2: CVC - Bob Brestch  
SOS - "Beyond the Barriers" #4  
Film - "All Dogs Go To Heaven"
- 4: ASB Senate Session
- 5: BTW - Akeny, IA
- 8: Vespers - Walter Arties  
VI Alternative - Business Club  
After Glow
- 4-8: "Fruits of the Spirit Week"
- 9: CVC - Bob Brestch  
Basketball Saturday Night
- 12: BTW - Manhattan, KS  
BTM - Norfolk, NE
- 13: Next CLOCKTOWER
- 14: Valentine's Day
- 14-17: Winter Break

## From Amalick to Ad-lib Sabbath

Jenny McCollum

Dear friends,

(Continued from last issue.) After church, the members (the registered membership is actually two people, but there were about twenty there that day) had prepared a potluck for us.

The men go first while the ladies sit and fan the food to keep the flies off. Everything looked good, and I took heaping spoonfuls so as not to offend anyone. Everything was great, and then I saw it—the pot of fish heads with the eyes and teeth still in them! Well, now instead of taking heaping spoonfuls so as not to offend, I was trying to keep a normal expression on my face so as not to offend!

Last Sabbath, we had a wonderful experience! Our church choir went on a boat to visit a former Adventist who had been paralyzed from the neck

down in a car accident twelve years ago. He lived in a little village that took about an hour by boat to reach. The village was beautiful—much more primitive than Koror! I even got to see a monkey (I've been wanting to see one since I got here!). When we got to this man's house, we talked and sang to him and then we all went up and said a few words to him. After this experience, I wanted to make a vow never to complain again! This man lived on the porch of a tin house with no furniture. He was strapped to a board (I think that that's the way he had been for the last twelve years too!), and was so skinny, and it looked like his feet were rotting off. He kept trying to lift his head to watch us, and he could hardly do that! This man was only about twenty-six years old, and even in his condition, all he could do was smile at us. \*

Don't worry about where you should work next summer. Why not apply to work at Glacier View Ranch in beautiful Colorado.

- No Bugs
- No Humidity
- No Salary (Just Kidding)

If you have skills in: White Water Rafting, Jeeping, Mountain Biking, Back Packing, Kayaking, Sailing, Horsemanship, Archery, Swimming Instruction, Rock Climbing, Canoeing, Rappelling, Puppets, or Drama, call or write:

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**"What ... Me Worry?"**



## ESL Program

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the lab.

Foreign students face many challenges. Not only must they learn to adjust to their new country and school, but also they must deal with the expected college homesickness. This "affliction" is felt by most college students, but the degree of difficulty no doubt escalates when combined with cultural shock.

Union College has made their transition less painful by embracing these students. All of them have felt the warmth that is apparent here on campus. Congratulations to all of you who are "making a difference!"

by Sepe Shrew

My nickname is "Cici!" My mom is Marshallese and my dad is Kosrean. I'm from the Marshall Islands but my native Island is Kosrae.



I really like this campus because it is small and not crowded.

I came here to continue my education and my major. Also I have friends here. I like hanging around with friends, listening to music and collecting shells.

First, when I came here it was hard for me to make new friends and understand English, but now it's getting better. In my own opinion I think English is hard because it has many composition.

So, I'm glad that I'm here in Union College and with my friend Carolyn.

by Kana Ohsawa

I'm Kana Ohsawa. I'm from Japan. I came here on 14th of August in 1990 with Yuki Inouchi who is another Japanese.



I graduated from junior college, which belonged to S.D.A. in Japan. I had taken English major there, but even now my English is not good, so I thought I had to study English more. Especially my speaking and hearing are bad, so I decided to go to America to study a real English.

I want to think that my English is improving; I hope so. I'd like to learn English or an American culture more.

by Yuki Inouchi

I came from Tokyo in Japan. I had already finished in Junior College of Nursing course in there. But I want to get Bachelor degree, so I came to here.



I attended International Council of Nurse in Korea in 1989. But I couldn't speak English completely with them, in spite of I was representative of Japan. So I realized: "I have to study more English."

I thought, "I want to eat Japanese food!" when I arrived here. American foods was everything too sweet for me. But now...I like them! So I getting fat, fat, fat...

Please come to visit Japan someday.

by Yuji Konno

I came from Japan last February. I graduated from Japanese high school in last January.



When I was go to that school, I was a member of the basketball team and American football team. Therefore, I used play basketball and football every day, but now I cannot afford they.

My high school is in Hiroshima. When winter, there is pretty cold but there is less cold than here. There is a lot of mountains in the

neighborhood of that school. So I used to ride a mountain bike.

I would like to study English and I do not like Japanese university. Those are the reasons why I came to America. I could not understand English when I came here at first. For example, when I go to a restaurant to eat a dinner or I go to shop, I could not understand about they talk. But I am becoming to understand English up-to-date.

My Japanese home is in Yokohama City. I could go to the seashore by bicycle. I like sea very much but Nebraska does not have sea, so I am really sad.

I think that I will come home in next summer vacation. And I would like to meet family and friends.

by Vincent Tsang

The first image of the United States in my mind is spacious and vast. After 12 hours flight I arrived Seattle.



And I made a first look of the United States there. A wide and flat land was facing me. I could not see neither mountain nor tall building. I could not find the end or my view. That is the thing we cannot find in Hong Kong.

After one month, I went to Chicago with my friend. It is a great different to Lincoln. It is a modern city. Everywhere I see tall and modern building. Their road there is much busier than Lincoln. The Chinatown there made me really feel like in Hong Kong.

The most different thing of America to Hong Kong people is Americans show very friendly and polite even though they know me or not. They would also say "hello" or "how are you doing" for me. However it is a great experience in my life.

by Cara Lee.

When I came to the United States I have one thing very impress me. I remember that when we came here, we need to stay at Seattle airport to wait and change the other



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## Backward Glance

by Garry Trefl

### Recreation at UC, Part Two

This is the continued look at recreation at Union College. Please refer to the last paragraph of *Recreation at UC, Part One*, (January 18 issue) to obtain context of this story.

"When properly prepared this served as a landing and gave the sportsman an additional spurt of velocity which sent him flying along the out-run across 51st Street. Unfortunately the very spot which they wished to use as the sloping landing had for years been used as a dumping place for cinders from the powerhouse.

"With wheelbarrows and shovels the boys worked harder than ever a student did doing his "domestic time," digging and hauling those cinders away and smoothing the slide properly. They then fixed parallel steel cables to the smokestack on the laundry roof, ran them to the eaves of the building, and attached them to anchors in the brink of the slope.

"A scaffolding was built on top of the laundry to support the innin. Another was constructed likewise a little short of the brow of the hill as a take-off structure. The slide was suspended from these cables and all was ready for the try-out except for a lack of snow."

## ESL Program

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airplane to come here. So it is very boring. We only can walk around the airport, but the Seattle Airport just like the Hong Kong airport, nothing special. Therefore my boyfriend and I found a seat to sit down. At that time a stranger came to us. He give us a paper and then he went out. We feel very strange and I asked my boyfriend why the stranger just put down something and went out. My boyfriend told me to read the paper. The paper write down: "Good afternoon. I am a deaf person. I am selling this Sign Language Booklet so I may earn money for more education to help me in the hearing world. Any donation is appreciated!" Because my English is very poor, I read it very slow and I don't know what is the meaning of "donation" and "appreciated" so I asked my boyfriend. But when I asked him the stranger came to us again. He showed the money in his hand and smiling to us. So I know that we need to pay money for this paper. But we don't know how much that we need to donate. So we looked at his hand; the greater part of the money is one dollar. So my boyfriend gave him one dollar. The stranger smiling to us and went out.

After he went out, we are think that is the man really deaf? Because in Hong Kong is also a lot of deaf person. They stand in the street and give something to the passer-by. They will

disturb the passer-by until he pay for them. So the deaf do not give us a good impression. If he is a real deaf people we are very willing to donate. But if he is not, we will think very sad because we waste our first U.S. dollar!

by Catherine Kang

America is the pioneer in the world and almost every kind of information in the world is translated into English. If I didn't know English, I would not understand the changes of the world. Before I came to America I looked for a school which can offer me a good environment to study. As we know, hundreds of colleges and universities in the United States. Most are not church schools and have no Bible study classes.

Fortunately for me, I met Pastor Hagen's family in Kansas. They gave me some information about Union College. And they introduced the education policy, the environment and the characteristics of Union College to me.

Now here I am, not only to continue my education, but also to study the Bible with my Christian friends and to enjoy Christ's love together.

From time to time I miss my family when night comes, but it is worth that studying in America to be homesick. After this the sunny days will come. So I enjoy studying in Union College and preparing the day that Jesus comes again. \*



## Weight Control

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not good for you, but it will say, "No, you're not going to change. You are going to like ice cream." Now there is a struggle. So you pray, "Lord, I want to give up ice cream but my flesh still craves it." Only supernatural power can change you. You can't change by yourself.

Secondly, don't try to lose fat by starving yourself. Instead, eat a high-fiber, high carbohydrate diet. Then exercise. Don't try to get rid of fat. Try to develop muscle. Let the muscle burn the fat.

Thirdly, give your muscles lots of oxygen. When you burn firewood in the stove, what determines whether the fire burns fast or slow? The oxygen supply. When the vent is wide open the fire will burn rapidly. Oxygen in your muscle cells will burn calories. How do you supply oxygen to the muscle? Again, by exercise. But remember, a high-fat diet will gum up your red blood cells so that you can't get oxygen to your muscles. That's why it's important to eat a low-fat diet of whole grains, fruits, and vegetables.

Most important, remember that God loves you. The moment you trust in Him, He says, "You look slim to Me!" Slim by faith! Even though you look fat right now, He regards you as perfect. Knowing this gives you joy as you and He cooperate in building your new, healthful lifestyle. \*





# Mother Goose & GRIMMY

## THE FAR SIDE

By GARY LARSON



"Say, there's something wrong here . . . We may have to move shortly."

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## Sports facts

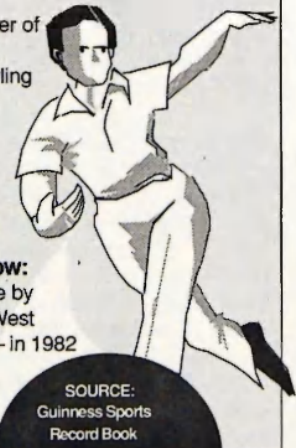
### Most perfect bowling scores

Highest number of sanctioned 300-point bowling games:

**Bob Learn**, of Erie, Pa.: 33 games

### Two perfect games in a row:

Achieved twice by **Al Spotts**, of West Reading, Pa. - in 1982 and 1985.



SOURCE:  
 Guinness Sports  
 Record Book

9/3/90

KRTN Infographics