



# the clocktower



Senior Aaron Pineda, freshman David Lee and sophomore Roy Obregon chat during a meal in Union Market. | PC: Zach Morrison

## THE FORGOTTEN MEANING OF RACISM

### *EMOTION IS THE DEATH OF REASON*



There probably isn't a touchier subject than racism.

It's hard to imagine how someone can hold such an irrational and disgusting view. To hate someone or think they're below you for no other reason than the color of their skin?

Disgusting.

To be labeled a racist is one of the worst things a person can be called. And rightly so. In other words, "racist" isn't just an insult we should throw around nonchalantly, it's a serious accusation.

But for whatever reason, it seems to be a normal part of our everyday discussion. For instance, I'm sure all of us have heard both Hillary Clinton and Donald Trump accuse each other of being racist.

Is racism, in all its unfathomable depravity, actually as prevalent as our discourse suggests? Or could it be that racism no longer exists in our society, and what we use the word "racism" to describe is something totally different?

If I were to walk the streets of downtown Lincoln with a bag of tacos in my hand, and I decided to approach a hispanic person to offer them some of my tacos, I would undeniably be called a racist. But what about my actions is racist?

What about my actions suggests my distaste for hispanic culture or my perceived superiority to hispanic people? Not a thing.

My actions display one thing and one thing alone—ignorance.

I'm ignorant for assuming that, just because an individual has a slightly darker shade of skin than I have, they want to eat tacos.

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# RACISM

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But this is a far, far cry from hating another human being because of their skin color, and it's important that a distinction be made.

Now, handing out tacos may be a fairly innocent example, but the principle applies to other situations as well.

There are two main reasons that it's so critical we differentiate between ignorance and racism.

Firstly, if we don't, it muzzles honest discussion.

No two cultures or races, let alone human beings, are alike, and therefore, they'll never be exactly the same. Sometimes, pointing out differences can be harmless, such as noting the amount of pigment in the skin.

Other times though, just as true as skin color differences, certain undeniable facts can upset people. For example, an Asian man is far more likely to attend and graduate from college than an African-American man, who is far more likely to spend time in prison than his Asian counterpart.

Since it upsets people, this type of language is put to an end, robbing discussions of honest input.

Secondly, and more importantly, misdiagnosing ignorance as racism robs any attempt to solve the problem of ignorance from ever having a chance to be successful.

Is ignorance bad? Yes. Is it nearly as bad as racism? No. So if I'm displaying

ignorance and someone calls me a racist, I'm going to get offended. I'm not a racist, how dare they?

What happens when people get offended? They fire back or shut down. Either way, no progress is made.

All of us, at some point in our life, have been ignorant. It's the way our brains work; we process information and formulate a conclusion based on what we know, past experiences, which will inevitably lead us to be incorrect.

As long as we update our information regularly, we have nothing to fear from ignorance.

But falsely diagnosing a normal human learning experience as a nefarious hate-complex does nothing but worsen the problem of stereotyping and exacerbates the tensions between racial groups.

I've heard people say, "Old racism is dead. But new racism, new racism still exists. It's just different."

Well, if something's changed, then it doesn't really exist any more, does it? At least not in it's former state, and we would all be wise to call ignorance by its true name so that we can progress towards a peaceful future through shared understanding.

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**Jonathan Deemer** is a sophomore studying biomedical science.

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# DROP YOUR DRAWERS REACHES 250 LINCOLNITES



Once again Union continues to make an impact on the community. On Oct. 2 Doug Barahona, senior theology major, organized a group of about 53 Union students to help out at the homeless shelter People's City Mission (PCM).

The event was unofficially called "Drop Your Drawers," and over 250 men, women and children were given the opportunity to receive free undergarments, haircuts, nail painting, and to experience good fellowship. "On our end we were raising funds to give, but on their end it was just a Sunday afternoon picnic at the parking lot," comments Barahona. Over \$1,600 was raised for the event. "A huge shoutout to the school," he added. "Because it was all them putting in the hard work."



A student gives a pedicure during the PCM outreach event. | PC: Zach Morrison

Barahona's passion to help the homeless began early while volunteering. Working in different places back in his hometown of Seattle, WA and in coming to Lincoln and seeing the PCM as the only shelter here, he felt a need and a calling to

serve and help. Since coming to Union he has visited PCM every Friday with the title of volunteer minister. He's helped feed PCM clients, spent time with them, hung out with them, and overall built good rapport.

Through these interactions he saw how much help they needed, and he kept going back about twice a week on his own time. He eventually decided to organize a large event to get the whole student body involved to help PCM.

This was Union's first year being involved with something this big, and thankfully outside sources also contributed efforts to help everything run smooth. Donations from Target and the Paul Mitchell cosmetology school provided equipment for the hair-cutting. Several community members also came out to participate in the event.

The day started off with the volunteer group showing up early and setting up for the church service held in the morning, then haircuts and manicures/pedicures followed. A live local band added background music to the lively atmosphere. A table touch-team was intentional about sitting down and engaging with the people eating at the barbeque. This team was just there to talk, listen to the people's stories, and discuss the gospel and hope for a new life beyond whatever they were struggling with.

After helping and seeing the various activities, I spoke with Brandy Remy, a sophomore social work major, and



Union students pose for a photo with a girl as part of their outreach called "Princess Ministries." | PC: Zach Morrison

Christia Wright, junior psychology major, were in charge of the manicures and pedicures and asked their thoughts about the event.

"This is a stress-free environment, and we're just here to make them feel loved and appreciated in a simple way," enthuses Remy.

Adds Wright, "It's the little things that can go a long way, even small things like personal hygiene that we may take for granted and not even think about can mean so much to them."

Drop your Drawers isn't the only event held at PCM; various projects are held about every week, including Princess Ministries where Union students go out in princess costumes and share joy with balloons and smiles.

If wanting to become involved in service projects benefitting the community, Union has at least one event going on each week. Simply stop by Campus Ministries or speak with Barahona for ways you can give back and participate.

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**Caroline Guchu** is a sophomore studying communication.

# CAMPUS SECURITY REMOVES CARTS



As of Sept. 23, the security carts are gone. Nowhere to be found. But, why? Where could they have gone? The world may never know. Except, well, I do.

But only thanks to the help of Detective Rick Young. And by help I mean he told me and I jotted some notes.

The carts had so much good use! Just hearing them zoom off in the distance made me feel a little safer. Also, if I were scared to walk to the gas station for a midnight snack I could call security and have them safely transport me there. Not to mention they were a safe haven during rainstorms and blizzards. So, I reiterate, why take them out of service?

The executive decision boils down to student safety. Now, you may think, “What about the pros you mentioned above, Sean?” Hear Young out.

Young said the problem with hearing the carts from a distance is that evil-doers can hear them, too. The carts take away a vital component of campus security in that they discard the element of surprise.

Young made his point by sharing a true story: “My first day here, six years ago, I was sitting in my office at 2:30 [a.m.] while developing the campus security program, and I heard the cart come by. I looked out the window and saw the cart pass, and I wondered why the [driver] didn’t notice me sitting in my office. You would think an alert security guard would wonder why the lights were on in the building and who was there, but they drove past

and continued on their route. Off in the distance near Bancroft I saw two guys smoking and drinking, and as the security cart got closer, those two guys hid their drinks and put out their cigarettes. The cart stopped in front of them, they had a little chat, and the cart continued on its route. The two guys retrieved their drinks and relit some cigarettes, and continued about their business.”



Security guards Anthony Gann and Wyatt Johnson embracing the new walking policy for security. | PC: Zach Morrison

Young asks, “What are you preventing?”

I asked about the midnight runs from dorm to gas station and he told me it's actually illegal to drive the carts on the sidewalks. And the safe haven from Mother Nature? The problem is the plastic insulator covering the cart. It's near impossible to see through (much less hear through), and as a security officer it's essential to have all senses firing at full capacity.

Also, Young said the carts were being used more as a shuttle service than for security. Which, in and of itself isn't a problem. The problem arises when the security officer is busy shuttling and not surveying the campus for suspects.

Another case and point: Young has been doing law enforcement for 32 years, so it's safe to say he knows a thing or two about safety.

In an experiment, Young followed one of the security carts to see how long it would take for the security officers to notice he was following them. It took a while for them to notice. Longer than he hoped.

Though there were both pros and cons to having the carts, this time the cons outweighed the pros. However, Young was open to the idea of using the carts as a shuttle service should administration deem it worthy.

What are security officers to do in this post-cart era?

Well, resume what they did in the good ol' days: walk. Need an escort to your car at night? Call the security guard and he will happily walk you there. See someone lurking in the dark behind a tree?

Flag down the security officer walking your way instead of having to risk your life stepping in front of a cart to get their attention.

Young explained this new process is a good way to stay fit, and being approachable and aware really is what community policing is all about.

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**Sean Hendrix** is a senior studying biomedical science.

# SO, WHAT EXACTLY IS SENATE?



On Tuesday, Oct. 10, I was able to sit in on the first Senate meeting. Although I enjoyed getting a peek at the “political” aspect of ASB (Associated Student Body), as a transfer student, I was still a little confused as to how senate works. Thankfully, I sat down with ASB’s Executive Vice President, Anthony Gann, and asked him a few questions:



**Can you give me a general overview of what Senate is?**

Senate is the representative, or middleman, between students and administration. This is the best way for the students to get what they want. We are the body that carries information from the students to administration.



**How did you personally get involved?**

I started off last year as a senator for my floor, third floor Prescott. I loved it, and at the end of the year I was asked to consider running for ASB Executive Vice President. I thought about it, prayed about it, then ran and won. Initially, before becoming a senator, I had always wanted to do something that would impact the school and help change [Union] for the better. I felt like this was the best way to do it.



**How do ASB and Senate work together?**

ASB has two branches under it—Campus Ministries and Senate. Campus Ministries does the religious events on campus, and then Senate is the legislative branch of ASB. They’re separate, but work closely together. [Senate] does the checks and balance



Anthony Gann oversees this year’s Senate team which meets bi-weekly on Tuesday evenings. | PC: Zach Morrison

of ASB; we make sure everyone who works for ASB, and the elected officials of ASB, do their job. We make sure ASB as a whole is abiding by the constitution and bylaws, check their budget ... Stuff like that.



**Do you have examples of bills Senate passed in past years?**

One of the bills that got passed was by James Clague—opening the ports for Xbox. I’m not too familiar with other people’s bills, but some of the bills I got passed last year included allowing mace and pepper spray to be carried on campus, because it wasn’t clear in the handbook if it was allowed. We had a bill that got passed for a memorial bench for Moses Arevalo, a student who passed away last year. Another big bill we got passed was exterior door numbering, to allow emergency services to find a door easier.



**If a student wanted to bring an issue to Senate, how would they go about doing it?**

The best way to do that would be to reach out to their senator. Within the next couple of days, the senators representing each floor should be getting in contact, by email or in person, with their district. So, reach out to your senator, let them know your concern or what you would like done, and they will bring that to Senate. They’d talk about it with us, we’d have a discussion, and we’d see if it was necessary to create a bill, or if it could be taken care of without a bill. If a bill is needed, we’ll draft up a bill and try to get it passed.

*Anthony Gann is a junior studying business administration.*

**Autumn Mott** is a sophomore studying communication.

# TAKING TIME TO SAY THREE WORDS



Perhaps one of the most meaningful phrases we can say to others is “I love you.”

We begin life saying those three simple words to our parents. Then they’re spoken to a partner. The cycle completes itself when we tell them to our children. Those three words convey deep care for the person receiving them, and yet rarely are they said out loud to friends who support us throughout our life.

When it comes to friendships, we’re often reluctant to openly state how much someone really means to us.

Language may act as a barrier.

Unlike the ancient Greek language that has levels of love such as agape (the unconditional love God has for man), philia (the love experienced from friendship), and eros (the love that is often associated with romance), English allows its speakers to say “I love this show” using the same word as one would use to say “I love my spouse.”

It can be hard to differentiate between the types of love that one expresses. This alone can cause some hesitation for some from saying “I love you” for fear that their words could be misinterpreted.

Sophomore elementary education major, Joslyn Lewis, speculates we tell our friends we love them because,

Your mom, grandma and new boo aren’t the only ones you can tell “I love you.” | PC: Courtney Gentry



“We think saying ‘I love you’ is only for family and romantic relationships.”

Another reason we may not say “I love you” to friends could be that our love is shown in other ways the majority of the time. Lewis believes it’s still important to tell our friends we love them, but we also need to make sure that our actions reflect our words.

Junior computer and math major, Michael Cabrera echoes this belief as well. “Telling people [that you love them] is one thing. Actions speak louder than words,” he says.

It’s necessary for both our actions and our words to be aligned with one another. Our words can confirm our

actions, and our actions can confirm our words. Both are key for people to have a healthy relationship.

Verbally expressing non-romantic love is something we shouldn’t shy away from. While we don’t want to use words so casually they are no longer genuine and have no meaning, we also don’t want love to go unsaid at all.

Don’t just go through the actions, take time to tell your friends just how much they mean to you.

**Amanda McCarter** is a sophomore studying biomedical science.

## HOUC Humans of Union College



HOUC is compiled by Autumn Mott.

“Both my brothers went to Southern Adventist University, and I didn’t want to be compared to them. I kinda came on a whim. My mom walked into my room and said, ‘So when are you going to start packing?’ ‘Packing for what?’ ‘You’re going to Union!’ It was a week before I had to be here.”

**Ashley Cloutier** is a freshman studying graphic design.

# THE PROBLEM WITH ONLINE CONNECTIONS



Facebook is known among young and old alike as a way to reconnect with relationships lost, to find that high school classmate or long-lost relative. It provides a place to share adventures and thoughts, to see what friends and even celebrities are up to, and get a glimpse of what else is going on in the world.

Facebook, Instagram, Snapchat, Twitter: these are just a few of the most popular social media platforms on the market today. There's a swirling black hole of audiences on the Internet wanting to hear your voice, to know your opinion. With such an opportunity for self expression, young people turn online for connection, reveling in the chance to be "genuine" or "real."

But the glimpse isn't always real.

The book, "The Defining Decade" by clinical psychologist, Meg Jay, discusses the effects of social media presences on self-esteem and social interaction. "[Facebook] can be just another place, not to be, but to seem [...] most twentysomethings know better than to compare their lives to celebrity microblogs, yet they treat Facebook images and posts from their peers as real," she writes. "Facebook and other networking sites have the power to help people feel more connected and less alone."

In June, a new Nielsen Company audience report stated that "...adults in the United States devoted about 10 hours and 39 minutes each day to consuming media." Almost half of the entire day is spent either staring at a

cell phone, a tablet, a laptop or another electronic device. Our entire lives are being lived out on screens.

If we spend all our interactions online, what's left for face-to-face?

When walking around campus, riding in the elevator or just sitting in class, it's more common to observe fellow students glued to their phones rather than engaging in real life. This lack of participation isn't limited to classrooms alone; ASB events, clubs and athletic teams are suffering from disinterest and lack of engagement.

In regards to ASB events, online promotion isn't a bad thing.

Videos and polls engage people and produce real feedback. Online communication makes young people more aware of opportunities but can also be overwhelming.

Maile Hoffman, a senior education major, worked on ASB as the social VP during her sophomore year and experienced the highs and lows that come with trying to get college students excited.

"You have to have excitement for what you're doing," she says.

To combat lack of engagement, Maile was intentional about her face-to-face interactions.

"I would personally go around and tell everyone to come," she says. "There were those people already interested in attending events but with super shy students, music students or different groups, you have to make the personal connection and invite them out. Personal connections are the best way."



Don't let yourself be so distracted you miss out on life. | PC: Kimberly Ortiz

Social media isn't just limiting the ability to interact face-to-face. Complete strangers have begun to feel too comfortable with personal information, thanks to the openness of the internet.

It's more common than not to fall into a predicament of "dating" or "befriending" a person's social media page before actually getting to know them. It's interesting how you can spend time on someone's page and feel so close to them, yet not know a thing about them in person.

Many college students may be able to relate to this generic first-date scenario: boy asks girl out, and proceeds to ask her about her specific home town, family (by name and age) and hobbies (referencing recent events she might've participated in), all information he gleaned the night prior from her Instagram and Facebook profiles.

Essentially, social media allows users to "get to know" people without really knowing them.

Are we, perhaps, harnessing our powers with social media for the wrong reason? Is there a way to use social media incorrectly? In the midst of all our social media interactions, have we forgotten how to be social?

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**Katie Morrison** is a senior studying business administration.

# LABELS AND STEREOTYPES: BREAKING THE TREND



A YouTuber by the name of “Superwoman” is quite popular for her videos singling out stereotypical types of people. She uses humor to highlight common stereotypes such as fangirl teenagers, MIA parents and fake friends. But, while occasionally funny, these videos only serve to promote stereotyping and labeling human beings.

She, along with other YouTubers such as Nicole Arbour, are gaining a following with those protesting stereotypes in an effort to remove offensive and hurtful words from common usage. Now a former YouTuber, Arbor faced controversy last year for her satirical video titled “Dear Fat People.” The video met with protest due to the aggressive stance Arbor took in stereotyping a body image. She defended herself, saying she was doing satire, but the video was briefly taken off YouTube and Arbor faced criticism for her actions.

Stereotyping in itself isn't an issue. Labeling and categorizing information, objects and people is a common trait among humanity. It's how humans make sense of the large amount of information available. When young children learn to categorize information, we say they're displaying cognitive ability.

Labels are a natural part of being human and all humans label.

However, we respond to labels even if we don't realize we're doing so. Each and every label or stereotype carries a much larger idea with it that can distort the

true nature of an individual. When we hear a stereotype, it connects the object with the larger picture evoked by the labelling we impress upon it.

Slut. Skank. Fatty. Geek. Nerd. These words are meant to harm and cause insecurities; however, some people choose to own the labels handed to them, and use the words for empowerment.

The word “nerd” brings to mind the kid with glasses who excelled at math. A “slut” is commonly a girl who shows too much skin and seems available.



Two students show commonly applied labels. | PC: Kimberly Ortiz

Geeks aren't always ashamed to be different or wear glasses and obsess over comic books and video games. It's now socially acceptable to attend Renaissance fairs and Comic Con. Being a nerd means being smart—an admirable quality. Some women own that they're “sluts” and “skanks” and have taken control of their sexuality.

But not everyone has the strength to accept or fight their labels. As Eric Church sang in his song “Kwill a Word”

(2016), “Give me sticks, give me stones / Bend my body, break my bones / Use staff and rod to turn me black and blue / ‘Cause you can't unhear, you can't unsay.” Words stick with us.

Some stereotypes are driven by the male-centered ideology of our society. Women are called “crazy” if they try to break out of typically female roles and express their opinions. Men are frequently called “gay” for behaviors that stray from how a “real” man would behave.

This closed minded mentality is problematic.

Stereotypes are often used to remind people of their inferiority and of superiority of stereotypical “men.” They disparage differing lifestyles and mentalities that don't uphold the traditional way of life where men hold all the power.

LaurenLee Meadows, a junior psychology major, comments, “I believe labels are good, even ones that have negative connotations.” She feels labels are a useful way of categorizing similar types of people.

Labels and stereotypes have their purpose in society.

Stereotypes can be useful in creating connections and bridges between people with similar characteristics. In the end, perspective has the power to change the meaning of a label.

Some labels will always be hurtful, but changing the idea behind the word can give even the most negative of stereotypes a positive spin.

**Sara Roberts** is a junior studying business administration.



# SHOCKS IN MORE WAYS THAN ONE



There's an overwhelming sense of peace from certainty when following God's plan.

On Aug. 10 I left Minneapolis, MN to travel to the Village of Hope Orphanage in Bunera, Tanzania and begin my new adventure as an international volunteer. When I got there I quickly discovered there had been a lot of miscommunication before I arrived. Due to legal conflicts in the country where the orphanage and school are located, I would be unable to work.

I was heart-broken.

Through all the confusion I became homesick and discouraged. I knew God had brought me here, but because I didn't know what would happen or where I would be going I struggled with discouragement. I'm thankful I was blessed with the friendship of Lois, the manager of the orphanage.

God used her as an encourager who was right there with me. I also was able to reach out to my parents via text message and they rallied all the prayer warriors back home on my behalf.

One night my mom shared a song with me that she heard called "Thy Will" by Hillary Scott. I felt as if this song had been written just for me and my circumstances. The lyrics were like a soothing salve to my confused heart. It reminded me of God's promises for me in Romans 8:28 and Jeremiah 29:11.

I sang those lyrics in my heart for days as I waited to learn what God had in store for me.

I was elated when I received news that Pastor Rich had found me a new location to serve! On Sept. 9 I arrived at Riverside Farms Institute in Kafue, Zambia.

Waiting for my arrival in Zambia was another volunteer who had been praying for a friend because she was lonely, just like me! We have become like sisters.

Funny story—as my new friend I were reading through a previous volunteer's book they warned us that if you cook on the stove in your bare feet and use a metal spoon you will get shocked! Of course we had to try this but it never worked ... until early one morning last week when I was up making breakfast.

As I put the tomatoes in the pan I thought I felt a little tingle, but I ignored it and kept on cooking. Then, as I was pouring the eggs into the pan, I felt a shock run all the way up my arm! The whole day my muscles in that arm were flexed and sore and hard to relax.

I'll keep my shoes on in the kitchen from now on.

I truly can't express how awestruck I feel at where God has led me, and what He has allowed me to do! As a nursing major with a love for kids, I feel like God has taken all the desires of my heart and placed them for me to enjoy in my time here.

So far I've helped in the clinic screening patients and giving Malaria, HIV and pregnancy tests; taught at the Bible school as a substitute; assisted in the dental truck with tooth extractions and cared for the director's children.

My favorite task, though, has been befriending and helping a woman named Beatrice.

Beatrice is a widow who lost four of her own daughters. She has six sons and has taken in eight orphans.

That's fourteen children!

Her house is maybe the size of a study room in the student center at Union.



The seventh grade class Muehlberg substituted.  
PC: Nicole Muehlberg

Right now we're working on building her a new house big enough to fit her whole family yet close enough to Riverside Farm that we can go help her as often as possible.

Every day I'm living out the truth that putting complete faith and trust in God brings greater blessings than I could have asked for or imagined on my own. I admit I wondered how He would work out my circumstances for the first part of my journey but as I sit and look back at the past month and a half I can see God's hand in every single thing that happened. He's faithful even in the little things like waking me up a little later than I wanted but then having to stay up extra late because of a late call at the clinic.

He cares for me, for every detail. And He cares for YOU too!

I have to say that working as Christ's hands and feet is amazing! Although my plans for serving in Tanzania didn't work out, I'm confident that God's plans are much better than I could ever dream and I eagerly continue to serve Him each day I have the privilege of being in the wonderful country of Zambia.

**Nicole Muehlberg is an international volunteer in Zambia.**

# VICTORY IN THE SUPERNATURAL

## *FOLLOWING THE CALL*



It was sometime in the middle of first semester, with the weather turned cool, when I had the dream.

I was in a large, well-lit basement. Moving a box across the room, I was startled as part of the brick wall I was heading for started to crumble inward. It was as if something were pushing through.

As the hole grew and the darkness behind it became a gaping mouth, I felt fear course through me. The darkness was thick and evil, and I couldn't escape. It was pulling me inward and I was helpless ...

Awaking abruptly, my eyes flew open. My heart was pounding in my chest. What was that? I tried to calm myself down, but it didn't work.

My spiritual senses were on edge. Tendrils of the darkness I had felt in my dream were still present.

I didn't know why, because my roommate and I kept far away from anything even hinting of evil. Regardless of the source, I knew there was only one way to handle it.

Prayer.

Rolling onto my stomach, I bowed my head. *Send Your angels here to fight against the darkness, Lord. Drive it away, in Jesus' name. Your blood covers us and we claim it.*

Five minutes' petition and the feeling was gone. It didn't return.

About this time of year, people start their yearly dabble with the occult. Shoppers browse witch's hats, severed body parts and decor suggesting decay

and death. Gruesome characters splay across store windows and front yards.

The theme is dark, but the atmosphere is light and festive. Celtic and European traditions such as dressing up in costume and going door to door make the holiday seem innocent. "Seem" is the right word.

I'm pretty sure you wouldn't find Jesus celebrating "familiar spirits" and death.

The Bible is cohesively clear about the dead. They aren't active, and won't rise until the end of time. So why do we mess around with things focused around the supernatural? Because we don't know the truth about what they really are?

There *is* a battle going on. I've gotten tastes of it. I've read about it. If you're not convinced, try reading Roger Morneau's "A Trip into the Supernatural." As a high-standing member of an occultic group prior to converting to Adventism, he would know.

We're dealing with satanic spirits, and they're dangerous.

Denying that this conflict, this enemy, exists is probably one of the worst things you can do. Just like ignoring a tornado doesn't prevent it from reducing your room to rubble, ignoring the spiritual battle doesn't keep you safe from it. Actually, you become a target.

One approach Satan might take is to allow you to continue to believe he and his angels don't work in this world. The farther you get down this path, the less you care about fighting. You don't pray. You don't stand up to him working. You're no obstacle to him, and actually get in the way of those who do fight. He's content with that.

Another approach Satan might take is to give you supernatural experiences

you can't possibly deny. If it strikes fear into you and you feel helpless, he has obtained more power in your life.

If you become convinced by the experience and begin to believe the testimony of the spirit that appeared to you, he has also gained power. It's an almost irresistible delusion, and you'll eventually believe him over the Bible.

“

We're dealing with satanic spirits, and they're dangerous.

”

We don't have to be subject to either of these. Grounded in the Word and strong in prayer, we can acknowledge the dark spiritual realm and be ready for supernatural encounters when they come. When, not if. Especially in these last days.

The same night I had my dream, my roommate had one as well. She was in an elevator, falling, and also felt a dark, evil presence. When she jerked awake, she still sensed it. Prayer brought the same results.

The blood of Jesus Christ has broken the power of the devil. Jesus will protect us from evil angels if we walk in Him. He will banish an evil presence when we call on Him. He will come through when we rebuke evil in His name.

The victory is real.

**Ginger Hany** is a senior studying biomedical science.

# HORIZONTAL WOES

## COLUMN LIKE I SEE 'EM



I enjoy being horizontal. I practically prefer it.

After any amount of time spent walking or standing or the whathaveyou of the vertical world, I enjoy

laying down; not to sleep or rest, but just to be sideways.

But there's a stigma against lying down, and it tends to get in the way of my favorite passtime.

I've been lying on the floor on and off my whole life, but it wasn't until I made it to college that it seemed to be such an issue. People stare and make comments amongst themselves. Some check to see if I'm injured or dying.

Someone even called the police on me once because they thought I was dead.

He could have at least poked my supposedly dead body with a stick or something to make sure before going straight to the police. Do you know how awkward it is to have to fake-listen through a lecture on how to not look dead when you're just lying in a corner watching Brisco County Jr. waiting for an English class to start?

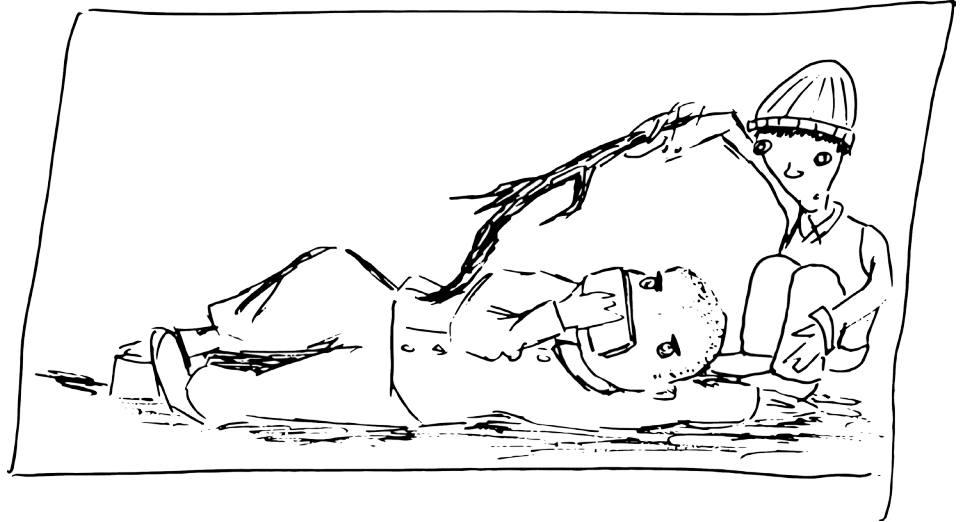
Very. It's very awkward; you don't need to try it for yourself, just take my word for it.

But as I continue to lie down, often singing or in strange and uncomfortable poses to prove to others I still live, people continue to be baffled, for whatever reason. They even take pictures. Like, a lot of pictures. It seems like every time I stretch out, a couple hours later I see myself on Instagram or Snapchat, #collegelife or #finalsamirite.

No, you're not rite. #yourerong.

The prone life is great. It helps align your back. It relieves stress off joints. It's comfortable and perspective changing.

If you see someone chilling horizontal (alive), don't be rude and stare. | Drawing by: Kevin Niederman



Lying down in public helps you absorb the present, and puts you in an almost hypnotic, meditative state. It's nice, and you should try it.

“

They even take pictures.  
Like, a lot of pictures.

”

But you probably won't. Why? Maybe you think it's embarrassing, though I can't fathom how. You're not naked, you're just sideways.

Maybe you think it's unprofessional.

That's more accurate I would say, but professionalism hasn't stopped you from deciding to wear those sweatpants with a plaid shirt and Uggs to class.

You wore that outfit because, hey, it's seven in the morning, and you're tired and just want to be comfortable. You're not even close to being professional though.

You dress like a wealthy homeless person.

The point is, yeah, don't lay down at your wedding or during a murder trial. But don't judge a tired college student for taking to the floor to have a little alone time away from all the stresses of class and work.

And don't assume he's dead just because he hasn't moved in twenty minutes. Episodes of Bob's Burgers take twenty five minutes.

Oh, did a fly just land on his open, unblinking eye?

He's dead. Call the police.

**Kevin Niederman** is a junior studying nursing.

# COACH'S CORNER

We've all experienced being overwhelmed: a test in two days, a research paper needing five more resources, a piling list of homeworks and a calendar of seemingly endless events! I've been there myself when I attended Union, and I constantly asked myself, "How do I stay on top of my to-do's and not fall behind?" Here are the steps that helped me:

1. List ALL your tasks. Gather everything, from tests to your chores. Write them all down.
2. Identify which tasks are important. Determine which ones have the soonest deadline from the ones that don't.
3. Order tasks by the amount of effort needed. Put quick tasks at the top of your list and give more room for longer tasks.
4. Be flexible, adaptable and realistic. Break down a big task if you can't finish it in one go. Changes happen, and if that occurs, move on to your next task instead of fuming over it.
5. Know when to cut it. If you find that a task may take up to 2 a.m. to complete, look at your schedule for the next day and see if you can finish the rest tomorrow. You need your sleep too!

Prioritizing helps you manage and track your schedule and your to-do lists. Doing it regularly will help lower your stress levels and avoid falling behind. If you need help getting sorted, come visit us at the TLC.

## HAVE A QUESTION ABOUT ACADEMICS OR LIFE?

Feel free to ask a coach: [tinyurl.com/uc-askacoach](http://tinyurl.com/uc-askacoach)  
 All questions are anonymous so you get insight without being in sight. We will publish answered questions here.

The Clocktower encourages reader feedback and strives to maintain accuracy. If you have comments, please email us at [clocktower@gmail.com](mailto:clocktower@gmail.com).  
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# SUDOKU

		6	4	8	7			1
			5	6				
	4							
						7	1	
	5	9					3	
	6	7					5	9
	9	8			3			7
							4	
	3		2					8

Last Issue's Sudoku Answer:

8	1	6	7	2	4	9	3	5
2	9	3	6	5	8	7	4	1
4	7	5	9	1	3	2	6	8
9	3	8	2	6	5	4	1	7
5	4	1	8	7	9	3	2	6
6	2	7	3	4	1	5	8	9
1	5	9	4	8	2	6	7	3
3	6	2	1	9	7	8	5	4
7	8	4	5	3	6	1	9	2

[http://www.puzzles.ca/sudoku\\_puzzles/sudoku\\_hard\\_259.html](http://www.puzzles.ca/sudoku_puzzles/sudoku_hard_259.html)