



## Campolo Comes to Campus

Carrie Purkepile

Internationally renowned speaker and author Tony Campolo challenged a large crowd during the Union College chapel service at CVC on March 12. Dr. Campolo dared listeners from around Lincoln to preserve God's earth and leave behind a testimony instead of a title.

His presentation stressed the importance of conserving the earth to the glory of God. "If we wipe out a species of animals, we are silencing a praise to God," said Tony. When Christ returns, He will remake this very earth to be our home. Campolo quoted part of the Lord's Prayer: "Thy kingdom come, Thy will be done ON EARTH."

During the past years, Campolo has worked with former President Clinton as a personal friend providing support when the President requested it. He has also been writing for many years and now has 29 published books available. For college students he recommends *The Survival Guide* or *Following Jesus Without Embarrassing God*.

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## It's What I Do: Erik Stenbakken On Photography

Amanda Sauder

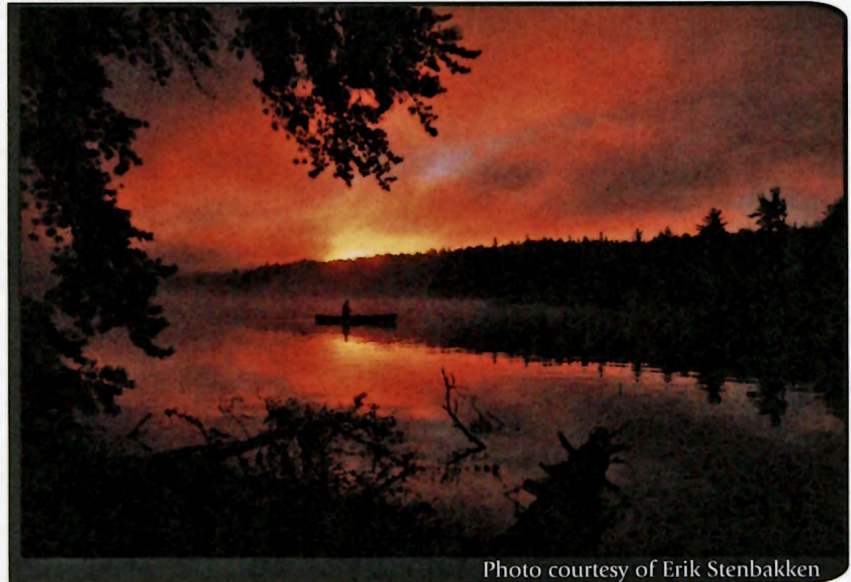


Photo courtesy of Erik Stenbakken

It was like I had waved a basketball in front of Michael Jordan.

I fumbled through my friend's camera bag and lifted a small purple Polaroid from the top.

"Ooh . . . is that a camera?" Erik Stenbakken, professional photographer and Union College alumnus, eagerly asked.

"I think so."  
"Can I see it?"  
"Sure."

He cradled the camera in his hands, turning and twisting it, moving it closer and away from his face.

"Can I take a picture?"

Although the camera wasn't mine, I had to grant his request. After all, who could resist watching Michael Jordan take a shot?

Erik Stenbakken has been a full-time professional photographer since 1998, but he has been taking pictures since the second grade. Although he describes his early affair with photography as "any other kid with a camera," Erik says that even then he tried to think about and

plan each picture he took.

And from there? "It just kinda happened," says Erik.

Erik always enjoyed taking pictures. His grandpa gave him his first single lens reflex camera when he was in seventh grade. He worked on the yearbook staff while he was at Union College and got paid \$0.25 per published photo. He also worked on Union's end-of-the-year slide show, Yearlook.

Erik bought a second camera before his year as a student missionary in Micronesia. When he returned, he hosted a slide show of his student missionary photos in the Dick Building amphitheater. After Erik's slide show, then Vice President Lilya Wagner approached him and asked him if he would like to be Union's school photographer--a full-time job. This was Erik's junior year at Union, and he declined in favor of finishing school. It was at this point that Erik realized photography was a feasible full-time job.

Erik graduated from Union College in 1991 with a degree in Language Arts Education. After he completed his master's degree in

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Internationally renowned speaker and author Tony Campolo spoke at Union's chapel on Tuesday, March 12.  
Photo courtesy of Campus Ministries

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# Letters to the Editor

Dear Editor,

I was amused by the letters to the editor in the March 14 Clocktower regarding cliques on campus. I remember the same discussion 39 years ago. I arrived as a public high school graduate not knowing anyone on campus. Everyone else seemed to have friends from

their academies, and yes, we called them cliques. It was difficult to make friends until I reached out to others who didn't know anyone. I made friends with other public school freshmen and foreign students. My advice is that if you want

friends, be one. You'll always find what you're looking for.

-Donna Voth Class of '63  
Vicksburg, Michigan

Dear Editor,

I would first like to say that the food coordinators are doing a great job. They work hard to try to please a bunch of picky college students and they have been doing their best. However, there are a few things that have caught my attention that I don't agree with.

As Seventh-day Adventists, we have been blessed with the health message. We have books that discuss the dangers of certain foods and certain drinks. The Lord provides guidance in everything, even food. But when I walk into the Chat I am disappointed to see caffeine being sold. Coffee, cappuccino, and even things that you wouldn't normally think had caffeine (Ruby Red Squirt) are sold there. Having done some research on caffeine and knowing what the Spirit of Prophecy has to say about it; it saddens me to know that our college promotes this drug to its students.

The next issue I would like to bring up is that of the lack of healthy foods in both the Chat and cafeteria. Quite frankly, a grilled chicken slightly seasoned is more healthy than something that is deep fried in oil and then covered in cheese, even if it is vegetarian. I whole-heartedly agree with having a vegetarian diet on the campus. However, if the motive is for health, we have been failing. I've heard many students say that they are confused at how Union promotes health and yet feeds them "yesterday's grease." It doesn't make sense. Many have been turned off by this form of hypocrisy.

Not only the meals, but the snacks sold are also concentrated in fat. There are few to no fat free products to choose from. My intent is not to do away with the cookies and candies but to balance out the lack of

healthy snacks. If we have 15 types of fatty chips to choose from, we should have just as many or more healthy products to choose from. When it comes to fruits, we have only apples to choose from. There needs to be a balance of healthy foods and snacks.

The daily meals should supply nutrition and taste. There are many veggie meats that are healthy and fat free that I have yet to see in the cafeteria. College students don't need foods sauteed in oil and covered with stringy, fatty cheese. These foods weigh a person down. Fruits, vegetables, and grains leave your body within a 24 hour period. Cheese and other fats sit in your stomach for 2-3 days.

This letter is not to bash anyone, it is just a concern I have for health that I believe this campus is lacking. I am sure if minds got together, we could come up with meal plans that are both delicious and nutritional. God has given us plenty to choose from; let's start using some of it.

-Yara Gomez, Freshman

*Assistant Editor's Note:*

*Union College is aware of the health message and the dangers of caffeine. Therefore, Union tries not to offer caffeine to its students. The coffee and cappuccino sold in the Chat are decafe and Somsri tries to get cold beverages without caffeine. However, it is difficult to screen every purchase and occasionally caffeine is added to a beverage that didn't have it previously.*

*If you come across a beverage that says it has caffeine on the label, please bring it to the Chat Director's attention.*



The 2001-02 Clocktower team. Not pictured: Curtis Cascagnette, April Nielsen, Laura Kelley, Carrie Purkeypile, Seth Pierce, Larissa Caskey, Ceri Myers, Michael Paradise, Jessica Robison, Gina Wahlen, and Andy Nash.  
Photo by Seth Johnson



Amanda Sauder

## Unity in Diversity

### Tell Me About It!

The Clocktower is the official student newspaper of Union College. The views expressed in the Clocktower are those of the authors themselves and do not necessarily reflect those of the editors, Union College, or the Seventh-day Adventist Church. The Clocktower does not accept anonymous manuscripts. Requests to withhold the author's name may be considered.

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I was outraged.

Blacks, Asians, Hispanics, Indians, Whites--you name it--sat together, ate together, exchanged ideas together, and praised God together at this spring's AIA Convention hosted by Andrews University.

What is this? I thought. It's beautiful. And why can't the rest of my school, my Church, and my country enjoy this?

As an outgoing ASB officer, I had the privilege of attending the 2002 AIA (Adventist Intercollegiate Association) Convention hosted by Andrews University from March 26-30. At the convention, both incoming and outgoing ASB officers from all over America and Canada met to discuss problems they've faced, share solutions they've found, present and gather ideas, network, and make friends. It was an incredible opportunity.

One of the neatest experiences for me this year was being immersed in the cultural diversity present at the convention. What a blessing! Cultural diversity was present in many colleges' student leader teams. And as I sat with student leaders from these colleges and from various backgrounds, I felt extremely blessed. I felt no tension. I felt no competition. I felt no frustration.

I felt Christian fellowship, love, and respect.

I also felt disappointment and a twinge of anger that so few are able to experience what I did. What we did. And that many who are unable or unwilling to experience this are members of my Church and my school.

I am not calling my Church racist or my school segregated. But I am saying that I feel we all have a long way to go before we fully realize God's gift of diversity.

I once heard that Satan has slaved to distort each gift God gave humanity at the beginning of time. The restful Sabbath God blessed upon humanity was twisted into another day of worship and, even worse, a burdensome chore. The sacred gifts of family and sex have been ravaged by the nearly 50% divorce rate, trashy TV, and pornography.

Along with those first gifts of Sabbath and the family, I believe that God also gave us the gift of diversity. Besides cultural differences, He created each of us as individuals with unique personalities and quirks. We were meant to enjoy and appreciate our friends' many colors of skin, hair, eyes, and the different ways we giggle. But like the other first gifts, Satan has warped our enjoyment of diversity with horrible things such as slavery, segregation, and Holocaust.

In short, I wish everyone could experience what I did at this year's AIA Convention. It showed me that unity in diversity is possible.

Although Satan has deformed diversity, I believe that with God's help, my school, my Church, and my country can fully realize this gift.

Although we are different, we can celebrate these differences through respect, appreciation, and love. ✕

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Not-so-Blonde Review - Jessica Robison

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# The Slim Factor: Truths About Eating Disorders at Union

Suzanne Current

Teachers talk about it in Concepts of Wellness, Biology, and Psychology. It is written about in magazines and discussed on television. It never seems real, but eating disorders are real.

Eating disorders are so real that a women's town hall meeting was held twice, at 8:00 p.m. and at 10:00 p.m., on Wednesday, March 6, to discuss the seriousness of anorexia and bulimia. Eating disorders are so real that the disposal company is threatening to stop collecting the garbage from Rees Hall. The trash chute has been thrown up in, covering the shoots, the garbage bins, and the walls in puke. The stench was so bad that it made one of the disposal collectors throw up.

Eating disorders are so real that two Rees Hall women shared their journeys, challenges, and battles against anorexia

and bulimia. They are so real, that both Teresa Mass, a Lincoln counselor with First Step Wellness, and Kirk Brown, Union counselor, talked about the seriousness of eating disorders and what students and friends can do about it. These disorders are so real that people do not recognize the symptoms or the victims. According to the Teresa Mass, eating disorders kill more people than we realize because the deaths appear unrelated to bulimia or anorexia.

Because eating disorders are so real, the town hall meeting offered help to those battling bulimia and anorexia. Student Services is offering "all the support and resources for students dealing with these challenges," said Linda Wysong. "We want to connect students with counseling and support groups."

Teresa Mass is holding a free support

group for Union students on Tuesday nights at 6:30 in the Skyview Room. This group is open to those with disorders and friends are welcome to join. Mass can be reached at First Step Wellness at 441-9280. Brown is available to talk to students and make referrals. The video that was shown at the 10:00 p.m. meeting is available for students to check out. A second meeting will be held for Culver and Prescott Halls to inform them about the reality of eating disorders. Another article in this issue discusses eating disorders, associated behaviors, and the risks involved.

While the garbage factor has improved "dramatically," Student Services knows that the underlying issue is still present. The eating disorders have not disappeared, only the obvious behaviors. The trash chute is not what is important, the students' health is. "We want to help students live full and healthy lives," stated Wysong. ✱

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# Eating Disorders: What U Should Know

Lois Stamper

Because everyone today seems concerned about weight, and because most people diet at least once in a while, it is hard to tell what is normal behavior and what is a problem that may escalate to threaten someone's life. In addition, the early stages of an eating disorder can be difficult to define. When does normative dieting become a health and emotional problem? When does weight loss cross the line and become pathological?

Answering these questions is hard, especially when the person has not yet lost enough weight to qualify for a clinical diagnosis. Nevertheless, the questions are important. The sooner an eating disorder is treated, the easier it is for the person to recover. If warning signs and symptoms are allowed to persist until they become entrenched behaviors, the person may struggle for years before s/he can turn matters around. And the affects of having an eating disorder for a long time can be devastating.

Eating disorders are reaching epidemic proportions: 10-15% of Americans suffer from some type of serious eating disorder; adults as well as children are affected. Two of the more common types of eating disorders are bulimia and anorexia.

Bulimia is an emotional disorder characterized by episodes of binge eating followed by some form of purging or restriction. Binges are rapid consumption of high caloric foods over a discrete period of time. Most bulimics follow the binge by self induced vomiting. However, "purging" may take the form of laxative or diuretic abuse, fasting, or strenuous exercising. This binge-purge cycle is normally accompanied by self-deprecating thoughts, depressed mood, and an awareness that the eating behavior is abnormal and out of control. Bulimia is a method of "weight control" rather than "weight loss." Most individuals suffering from this disorder are frequent dieters but remain within a normal weight range.

Food takes on a symbolic meaning for the bulimic, and the binge-purge cycle may be an outlet for feelings of frustration, disappointment, anger, loneliness, and boredom. Bulimics turn to food in an

attempt to cope with life stresses. Bulimia may be accompanied by other impulsive behaviors such as shoplifting and/or alcohol and drug abuse.

Most individuals with this disorder are women, though bulimia has been diagnosed in men. Researchers estimate that as many as 20-30% of college-age women may display bulimic behaviors. Bulimia tends to develop in late adolescence and early adulthood. Bulimics may have been previously anorexic or display symptoms of anorexia nervosa simultaneously.

**Research indicates that 10-15% of Americans suffer from some type of serious eating disorder, and 20-30% of college-age women display bulimic behaviors.**

People suffering from anorexia starve themselves. About half of them also have symptoms of bulimia.

Anorexia Nervosa is an emotional disorder characterized by severe weight loss (or failure to gain weight in young people). Laymen may see it as "dieting gone wild." Individuals with anorexia nervosa have an intense fear of becoming obese, even as weight loss progresses.

Weight loss is achieved through a variety of methods including severe caloric restriction, fasting, relentless exercising, use of over-the-counter and prescription diet aids, diuretic and laxative use, and in some cases, self-induced vomiting.

Most individuals suffering from anorexia nervosa strongly deny the disorder. They often "feel fat," even when emaciated. Anorexics experience a sense of control by restricting food intake and often turn away from food in an attempt to cope with life's stresses.

Eating disorders are a very serious issue. Seventy-seven percent of individuals with eating disorders report that the illness can last anywhere from one to fifteen years or even longer in some cases. It is estimated that approximately six percent of serious cases die. In many others, there are long-term, irreversible consequences which can affect one's physical and emotional health. Up to now, only fifty percent of all people with this devastating disease report being cured.

This is not a "woman's disease." A questionnaire administered to 226 college students (98 males and 128 females) concerning weight, body shape, dieting, and exercise history, found that 26% of the approximately 10% of eating disordered individuals coming to the attention of mental health professionals are male (Wolf, 1991; Fairburn & Beglin, 1990). A national survey indicated that 41% of men are dissatisfied with their weight.

The causes of eating disorders appear to be complex. It is suspected that some of it has to do with feeling abnormally pressured to be as thin as the "ideal" portrayed in magazines, movies, and on television. Other factors, including genetics and defects in key chemical messengers in the brain, are also suspected.

Untreated, the disorders can become chronic and lead to severe health problems, even death. For example, about 1,000 women die of anorexia each year—from starvation, cardiac arrest, other medical complications, or suicide. Those who use drugs to stimulate vomiting, bowel movements, or urination risk heart failure. ✚

**If you or someone you know displays these symptoms, contact Dr. Linda Wysong (#2507), Dr. Kirk Brown (#2087), or Teresa Mass at First Step Wellness (441-9280).**



# Mailroom Feels Effects of 9/11

Laura Kelley

A month after the terrorist attacks occurred on September 11, a representative from the U.S. Post Office made a visit to the mailroom in the Union College bookstore. The visit was intended to help prevent the possibility of another attack.

The representative instructed the mailroom workers to stamp packages that came through, signifying that it was received at Union College. The mailroom is only responsible for stamping incoming packages that weigh over one pound. According to Darla Hornby, Mailroom Manager, "We are not supposed to take packages from a person we don't recognize."

The mailroom is a convenient service for students and faculty here at Union, as well as some local community residents. "We offer more services than the Post Office," stated Lou Ann Fredregill, Bookstore Manager. Besides offering

standard mail services, they also can send mail FedEx and DHL, which is similar to FedEx, only cheaper.

The bookstore offers everything from books and office supplies, to shampoo and gifts. You can even pick out a helium balloon and have it blown up while you wait. As of this semester, the amount a student can spend with their card at the bookstore store has increased to \$65. This does not mean that they are automatically billed that amount to their accounts, they are simply being allotted that much if they choose to spend it.

Students and faculty are not the only customers at the bookstore. During after-school hours, the store is regularly visited by elementary-aged children. Some of them have parents who work on campus. Junior Brad Moutray says, "They [the kids] love the school supplies and candy."

The bookstore is open from 8:00 a.m. to



Junior Marie Becker is one of the student workers in Union's mailroom, a convenient service for students and faculty.

5:00 p.m. Monday through Thursday and 8:00 a.m. to 3:00 p.m. on Friday. Hours vary depending on school breaks and campus events. ✦

Stenbakken article continued from pg. 1 . . .



Professional photographer and Union alumnus, Erik Stenbakken, studies the object of his passion—a camera.

Photo by Amanda Sauder

1993, he returned to Union to work as Assistant Director of Public Relations. Erik's passion for pictures led him to resign his position at Union in 1998 and begin his own full-time photography business--Stenbakken Photography.

Erik has photographed in the advertising, commercial, editorial, and higher education markets. His list of clients includes names such

as Kodak, the Adventist Review, Ralston Purina, Guide, the Nebraska Division of Travel & Tourism, Mid-America Outlook, YouthNet, AdventSource, USA Weekend, Cable in the Classroom, and Union College. Erik's photo shoots, since September 2001, have taken him to Cambodia, Florida, California, Texas, Pennsylvania, Colorado, Thailand, and North and South Dakota.

One of his most memorable photo shoots, however, happened a little closer to home. Erik was taking pictures for his "Chicken Project," a self inspired photo collection dedicated to the not-so-photographed farmyard fowl. He was in the home of a Nebraska City man who had 100 taxidermy mounted chickens cooped in his living room. Erik remembers laughing and thinking, This is awesome. It's so insane.

Another of Erik's most memorable photo shoots happened this past September during his trip to Cambodia. He remembers walking into his hotel lobby and seeing pictures of the World Trade Center towers collapsing on CNN. He was able to photograph people halfway across the world studying prophecies in Daniel and Revelation "while the paper was still falling in New York."

Erik used these three words to describe Stenbakken Photography: Evolving. Quirky. Necessary. "I have to shoot," says Erik. "If I couldn't take any more [pictures] at all, it would be tough for me."

"I like capturing stuff that nobody else saw, but later they like," says Erik. "Not just moments, but capturing feeling--conveying feeling and information.

Maybe people won't be as ignorant [from a documentary perspective] as before they saw the pictures."

As a Seventh-day Adventist Christian, Erik does not shoot professionally on the Sabbath. "I have lost work because of the Sabbath," says Erik. "But I gain the blessing of the Sabbath. I am blessed, and I get what I need and sometimes even what I want. God does take care of His people."

Erik's business is also hindered, in some aspects, because he refuses to shoot certain subject matters. "The big money is where the taboo is for me."

How does he decide what is taboo? "If my grandma were to find out and I think she would be embarrassed, I know I shouldn't do it."

Erik aims to "capture reality in an image." If he had to take a picture of God, what would he take a picture of?

"God--a picture? I don't think it's a picture," he says. "I don't think it's that narrow. People look for mystery where it isn't hidden. Fall leaves, spring buds, snow falling, people's faces. I discovered human beings are the most interesting thing God created. In God's image. That's us."

What Christian principles apply to photography?

"Be faithful. Be honest. Do the right thing. Be nice to people. Share. Find your own way--you can't rely on others. And there's going to be a lot of setbacks.

"But unlike Christianity," said Erik, "photography is what I do, not who I am."

Editor's Note: Erik was also recently featured in the Lincoln Journal-Star for his work on the above mentioned "Chicken Project."

To see more of Erik's photographs, see page 24. ✦

# SWFM Seeks Great Career Opportunity

Karen Parks

Finding a job is like finding a mate. It's a courtship. Many of us want to know what we're going to get out of a relationship. The "what's in it for me?" narcissism applies not only to dating but to employers as well. So don't spend an employer's valuable time talking about you and your needs—turn the tables and say: "Here's how I can help you." Okay, so we're college students and we're supposed to have this dating thing down, right? It's time to put those finessing skills to work on prospective employers to convince them why you're right for the job.

**Networking.** What can you do when you see an interesting and attractive individual that you'd like to meet? First, you can find out who his friends are and look for mutual acquaintances who can help you get to know him. Apply this same principle to your career field. This process is called networking and can be one of the best ways to find a job. Even if you don't know anyone in your field of choice, there is a good chance that people you are acquainted with do. Successful networking involves expanding the network beyond the people you already know.

According to Linda Wyatt from the career center at Kansas City Community College, informational interviewing is another great way to develop contacts and job leads. She suggests contacting companies that have positions or departments that you are interested in. Try to set up a brief (30 minute) meeting with someone to discuss their position and that field in general. Wyatt continues, "Without asking for a job, you can use that contact to develop other contacts and employment leads. Follow up with a thank you letter and include your resumé and ask that contact to share it with others who might be interested in hiring you."

**Resúmes and cover letters.** When the goal is to initiate a relationship, people market themselves to show their attractiveness, their best qualities, and how they stand out as a great dating candidate. This same idea works well when designing a cover letter and resume to demonstrate how you stand out as a great candidate for the job. "I would be lying if I told you that I read every resumé that crossed my desk. But I have almost never not looked at a resumé that was accompanied by a solid, well-written cover letter," says Max



Finding a job is like finding a mate, and these smiling Career Center workers can help. Pictured above: (left to right) Crystal Coria and Freshman Janice Heinrich.

Messmer, Chairman and CEO of Robert Half International, Inc.

Customize your approach by researching a company's needs and devising a strategy to demonstrate that you're the perfect solution to the company's particular problem. René Hart, Executive Director of Resúmes For Success, suggests developing a relaxed conversational style that embraces the reader. Think about the dry, uninspiring and mundane print that is a staple for many hiring managers—they read enough boring reports, proposals and analyses all day long. This is your chance to engage their interest with lively verbiage that they can wrap their brains around. Hart also stresses the importance of not making the cover letter about you. Ironically, you are writing the company to tell them why they should hire you, however you have to take a different approach. Identify their needs and then demonstrate why you're the solution.

Whether it's a personal or professional relationship that you seek, marketing yourself is the first important step to demonstrating your qualities and getting your foot in the door. For more tips on how you can achieve career success visit the Union College Career Center located on the ground floor of the Don Love Building. Important disclaimer: the dating analogy ends here because we currently do not offer those services. But we can help you look for job opportunities, internships, build resúmes, and market yourself effectively to the professional world. \*

## Dos and Don'ts of Answering an Employment Ad

- DO send a cover letter, a resumé, and any other information requested in the ad.
- DO indicate in your cover letter the position for which you are applying.
- DO tell in your cover letter and your resumé what skills you have that relate specifically to the advertised job.
- DO include your name, address, email address and telephone number on your cover letter and resumé.
- DO put your name on every page.
- DO write a separate cover letter for each job for which you are applying.
- DO make sure you meet the deadline stated in the ad.
- DO include dates on your resumé.
- DON'T exaggerate your work history or any detail on your resumé. Employers are looking for honesty and often will check employment dates to test an applicant.
- DON'T type your cover letter and/or resumé in all capital letters.
- DON'T make your cover letter too long. Be concise and to the point.
- DON'T make statements in your cover letter that are not backed up by your resumé.
- DON'T answer the same ad more than once.
- DON'T put your experience before your education on your resumé if you are a current student.
- DON'T send a form cover letter.
- DON'T send a cover letter and resumé before proofreading.
- DON'T send a cover letter to "Whom it may Concern." Get the name of the person [spelled correctly] and the proper department.
- DO drop by the Career Center for more information on resumé writing, cover letters, interview question samples and salary negotiation tips!



# Tent Meetings Without a Tent

Carrie Purkeypile

A large revival tent was set to overtake Union Campus the week of March 25-29. UFC Director Seth Pierce planned to attract attention to the Student Week of Prayer by bringing in a large intruding landmark. Due to misbehaving spring weather, the meetings were held in the church instead.

Each evening featured a student to deliver the message. Monday was Jose Cetoute, Tuesday Michael Paradise, Wednesday Melissa Larson, Thursday John Rivera and on Friday, Brian Valdez closed the week with a consecrating prayer.

Senior Jon Kruger commented on John Rivera's presentation, "It was great. He was funny, too!"

Many students, however, were unaware of the events completely or until late into the week such as Sophomore Pepe Jeronimo who said, "I didn't know anything about it."

Speaking to the change of location, Seth Pierce said, "It was disappointing, but ultimately Week of Prayer is about students and God and prayer. ✝"



Union students shared through word, action, and song during UFC's Student Week of Prayer. Pictured: (left to right) Melissa Larson, Nikki Bilima, Camille Butler, Jason Moses, and Brian Valdez; (below) John Rivera. Photos courtesy of Campus Ministres



Campolo article continued from pg. 1...

During an interview following chapel, Campolo who is noted for his social activism, expounded on the issue which most troubles him now. "The Presidential administration spends more in one day in Afghanistan than they do in one year on education. They spend more on arms than the next 13 countries combined!"

He also expressed concern about the 30,000 children under 12 years of age who die every day of starvation. "The United States is not the philanthropist country it believes itself to be," says Campolo. "For every one dollar given to the poor by the United States, Norway donates \$70."

Campolo urges young people to get involved in the political action committee Call to Renewal. This group

racism. They are also joining together to speak against violence as a solution to terrorism in Afghanistan.

Another idea for getting involved is to join the Mission Year program. People from around the country commit one year to personal ministry and are sent in small groups to minister to specific communities. Information about both the Mission Year and Call to Renewal can be found on Tony's website, [www.tonycampolo.org](http://www.tonycampolo.org). ✝





# One Dead Donkey, Two Dead Donkeys, Three Dead Donkeys, and Snow . . .

Danielle Coggins and Heidi Estrem

On Sabbath, March 30, Union College and the College View SDA Church hosted the bi-annual Easter Pageant directed by Danielle Coggins and Heidi Estrem. Together, with the help of about 100 students and staff, the pageant was a success.

The original plan included nine scenes at nine separate locations on Union's campus. Walking tours would have led the congregation through the final events of Christ's ministry on earth. Due to complications with the weather, the Pageant was moved indoors.

During the final week of preparation, Satan really challenged the directors. He put anything and everything in their way to discourage them, to allow them to think that they could not pull it all together. God, however, had a different plan in mind. The more Heidi and Danielle prayed, the more God showed them that He was there.

Finally, Sabbath morning arrived, and it was time for God's work to be revealed. In about 45 minutes, the audience witnessed the last events of Jesus' life on earth.

After a welcome from CVC's Senior Pastor, Dan Goddard, the pageant opened

with the Triumphant Entry, minus a donkey because we could not find one that was alive. Other scenes included the Last Supper, the Prayer in the Garden, and Pilate's Court. The Lincoln Journal Star captured Joed Lopez on the front page of the Sunday Paper as he portrayed the character of Jesus carrying the cross. "I really enjoyed the music in the crucifixion scene and the resurrection scene. It made them the most powerful," stated Sophomore Kristen Eddy.

Many people's lives were blessed by this powerful message. "It made me realize all the things that Jesus went through so that we could be able to go to Heaven and have eternal life, and I thank God for that," said Sophomore Crisee Sledge.

Junior Jen Dickerson said, "I think the biggest blessing about the Easter Pageant is that it gives us a chance to come together with other denominations and reminds us what we have in common."

As the pageant came to a close, Jesus appeared to His disciples and ascended into Heaven, leaving His followers with the



"I really enjoyed the music in the crucifixion scene and the resurrection scene. It made them the most powerful," stated Sophomore Kristen Eddy.

Photos courtesy of Campus Ministries

hope of His Second Coming and the Great Commission.

The Easter Pageant was evidence that God answers prayers of people who dedicate themselves to God; He took what they had to offer and created something amazing.

Many thanks to everyone who participated and who helped make this event possible. ✝



In 45 minutes, about 100 Union students and staff presented the life of Christ for the bi-annual Easter Pageant in College View Church.





## Word from the Religion Editor

Seth Pierce

I thought a Scripture was in order this month as this is the time of year that makes us all nuts. Tests, term papers, teachers, and the terrible, terrible deadlines. It is a major mess for some us right now. But, regardless of the obscene quantities of work that need to be done, God has promised to be with us, and if He has saved us, then we need to trust that we will be saved...even if we mess up a term paper.

This text was also written by a prophet who not only had deadlines but VERY

"Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise."

-Jeremiah 17:14, NIV

difficult assignments. He was assigned to wear nasty old underwear and cursing nations and seemingly make a fool of himself for God. It was hard, yet he recognized the need to focus on what God has done and what God will do through Him. If we focus on God's power and what He has promised, it will make a much bigger blessing and be more productive than sitting in a puddle of our own pity and stress.

So may the Spirit be with you as you begin the time of trouble! ✨

## Mission Volunteer Calls

1. Math and Science Teacher in Egypt
2. Music and English teacher in Cambodia
3. Nurse's aid in Belize
4. Assistant Athletic Director/Math Tutor at Milo Academy in Oregon

## SM Letter

Phillip Burks

Hello all my friends and family! Well, I actually have time to sit and write you a letter with some substance. Right now I am Pacific Adventist University in Port Moresby. We are in town for supplies; a trip which we will be making about every six weeks or so.

I'm beginning to feel "in place" here, instead of out of place. For the first couple of weeks I was lost here. Not just in the physical state of existence. I became a little baby again. I'm, learning to talk, to walk (some CRAZY trails around here . . . beyond description, but perhaps I'll try a little later), to cook, where to use the bathroom, to shop, to eat, to socialize ALL OVER AGAIN! Now I'm starting to feel that I belong here, and that I'm not just some stranger in a foreign land. I live here; I should hope that I would adjust.:

It hit me recently that this culture, which has felt like a TOTALLY different planet to me, actually co-exists with Western culture. I haven't entered some other planet; I'm in a different part of this world. Sure it's a partial stone-aged society, but they are people living in this present day at this very moment just the same as you and I are. That was a big thing for me to realize.

I really love these people and they are finding a special place in my heart and mind. They are funny, potentially frustrating, happy, sad, mad, selfish, jealous, sleepy, hard-working . . . they are people. They have growth in character to accomplish just as I do, and just as everyone else on this planet does. What a privilege and challenge to be able to get to know them and become friends with them!

Let's see, a short story. . . . On our way into Port Moresby earlier this week we spent the night in Malalaua. We had walked for about seven hours from the village in Kukia to Malalaua, where we planned to get a PMV. So we made it to Malalaua, but we arrived about 15 minutes after the last PMV going out had left. We didn't know where we were going to stay, but we had all afternoon to figure something out.

We brought some crackers and fish at a local trade store and sat down for lunch. While we sitting outside the store, a young woman asked us if we wanted to sit at her house, just next door. We (Ray, Julie, Montie, and I) all went over and met her family and sat outside. They ended up feeding us supper and breakfast the next morning, as well as giving us a place to sleep (in their own beds while they slept

on the floor!). One of the brightest moments of the stay there was at breakfast on Monday morning. We had eaten some flat bread already and drank some hot Milo (hot chocolate), and I was pretty full.

Then, after we had sat for about 15 minutes, one of the younger girls brought out a plate with these sago things (sago is a palm; they use to starch from it to make food). She explained that they had sago, coconut, and shellfish (clams) in them. "Oh!" Was about all I could find to say. Also, next to the sago was a BRIGHT RED CRAB! What do you do? I grabbed a piece of the sago. At least I couldn't see the shellfish. After a few minutes Ray and Montie decided they needed to go for a walk before the PMV came and Julie wanted to do something. So I just sat there looking at this crab. One of the girls asked me, "I know some church people don't eat crab, do you?" I explained that we don't, but expressed my appreciation of their generosity. They didn't seem offended or anything.:

Now, we are going to take a couple of days to relax and rest before hauling everything into the mountains.

Please keep praying. I'll do the same. I love you all so much. ✨





## Memoires of a PK

Seth Pierce

This issues PK Memoir does not occur in church or in the house of one of my father's

parishioners. It happens in the community, the very place where my father is trying to set a good example and the very place where I was able to cause the most damage.

My father and I were having a venture to the doctor's or dentist's office (I really don't

remember, but it shouldn't affect the story). I was in the waiting room with my father who was looking at the outdated, boring magazines they always have in medical offices. The only diversion they had for me while I waited was one of those stupid block things where you have a variety of different blocks on little metal pole-like things, and your job is to move the blocks around the twisty metal pole-like things to the other side. You know what I'm talking about? Well, it takes a brain the size of a mouse poop to operate such a dumb toy, and guess what? Being I was an intelligent 7-year old, I was irritated that they would think I had such a small mind that I could be amused for any length of time with a stupid twisty metal pole-like block toy thing.

In addition to my boredom and being irritated with such a lame toy, I was

nervous. I hated doctors. I was half the size I am now which means the needle they enjoyed poking me with was twice as large. They also liked to make me cough, which was never pleasant because doctors always make conversation with you while you are wishing they would quit yapping and do their business. And if it was at the dentist's office, the drill team always came out to grind grind grind away at my precious chompers. And what made the dentist exasperating was the fact they thought I would like headphones; but instead of playing something soothing, I got Alvin and the Chipmunks. Have you ever had someone slash away at the inside of your mouth to the music of Alvin and the Chipmunks? It's enough to make someone homicidal.

So needless to say, I was not happy. Then, to be friendly and pastoral, my dad struck up a conversation with three old ladies in the lobby. Why is it always old ladies? The conversation was not too bad until I became the subject matter. The old ladies began speaking baby talk to me,

"Oh are you going to see the dentist?" No, I like to play with stupid metal pole-like things with ugly blocks instead of going to the park. "You are such a big boy to be so brave, do you get scared of

needles?" Lady, I'm more scared of strange old ladies speaking baby talk to a 7-year old, than any needle in all of creation. This continued until I broke my silent witness.

"You're so cute (laughing in a mocking and patronizing manner). I bet your daddy is going to have to buy you a special treat after you are done crying LIKE A BIG FAT BABY!"

\*Disclaimer: I really don't remember what the ladies said, but they said something and then they laughed to themselves really hard while pointing at me\*

Filled with a holy wrath for my wounded pride, I turned around to face the three old ladies, and with the nastiest and most condescending tone I could muster, I COMMANDED at the tope of my lungs, "Shut up!" It was spectacular. They stopped laughing. They gripped their breast in absolute apallment. Beautiful. I went back to playing with the metal pole-like block game. . . until my dad grabbed me, hauled me off to a corner of the room, and spanked the living daylights out of me and then made me apologize. Yeah, I apologized. Pbbff, but so what. I didn't mean it and I still don't. So there. ✕

## Heavenly Music

Callie Kanen

I love music. It is one of God's most inspiring creations. The right words with the right music can be a beautiful combination. Sometimes I envy Whitney Houston or Mariah Carey. Do they even appreciate the gift they have been given? Do they take pleasure in this perfection they can emit? Sometimes when I am listening to something especially wonderful, I will stand in front of the mirror and lip sync the words. I can act the singer with such passion. I am my own little music video. I look good singing. All that dental work paid off, and my teeth sparkle as I become some talented diva. I flip my hair, raise my hands in emotion, and even pull off some okay dance moves every now and then. One of my greatest dreams for Heaven--besides having my own tiger--is to have a place in

the choir where that inner voice I know I have will come out and I will be able to praise God with all the passion I feel inside. I only hope I can sit next to Larnel.

First Corinthians 15:51-52 states that we will be changed. The actual verse says, "Behold, I tell you a mystery: We shall be changed in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet shall sound, and the dead will be raised incorruptible, and we shall be changed."

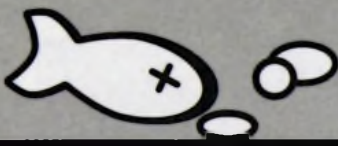
Now, I don't know what kind of a change that will be, but I really believe that I will have my voice and you will have whatever it is that you can feel inside of you bursting to be free.

I do know that we will be perfect. That means no more Clearasil, no more dieting, no more awkward moments when we are really nervous on stage or in front of our

friends. No more worrying. No more sorrow. No more death. These are some of the greatest things that I hope for.

But the most wonderful thing of all is that I will meet Jesus. He died for me. I would give anything to meet Him. If Heaven were only me meeting Jesus and knowing that He is the One that made my life worth living here on earth, that would be all I needed. But I'm glad that is not the end. I'm glad that we can live in Heaven and then on earth again. And I will have my voice and my tiger, and you will be my neighbor.

Hope you like singing and cats. ✕



# Cords of Gold

Michael Paradise

Union College is known as the College of the Golden Cords. These cords represent the service of our students to other countries through mission work. Cords stretch from Lincoln, Nebraska, to far off places such as Thailand, Chuuk, El Salvador, and Peru. Students of this college have been willing for years to spend up to a year at a strange country to act out their discipleship of Jesus Christ. Pastor Rich is always bragging to Union's visitors that there are hundreds of ways to get involved in serving Christ on and off campus. I have found out this year that he is right!

I have heard wonderful stories about student missionaries who have battled the devil, and have triumphed with the strength of Christ. I have heard conversion tales of people who have reached out to wretched souls in the bars of "O" Street. I have even heard of nursing students stooping down to care for the feet of homeless brothers and sisters. I believe that, as students of Union College, we owe it to the community and the world to share what we have learned.

I am exceedingly proud to be attending a college that sends young men and women on missions to other countries. This is a direct fulfillment of the Great Commission spoken by Jesus in Matthew 28. I would

encourage being a student missionary as the single greatest opportunity that Union offers.

Although there is so much to be done in other countries, there is a world of opportunity here in the U.S. too. I recently took a mission trip to New York. We went to share the good news of the Gospel with folks and to do some sightseeing. One of

If you want to know more about serving as a missionary overseas, contact Lorilee or Dalena in Campus Ministries.

the first things that you notice about the city that never sleeps is that everywhere you go, there is a crowd.

Think about living in NYC and knowing that every step that you take, every train you board, every bus you ride in will be packed with people. After a while, people start to distance themselves from others mentally. The city tells them, "Since there are so many people here, you don't really matter!"

When people feel that way, they begin to think like this: "Well, since I am just a face in the crowd, I will just go about my life and never look up to greet my neighbor." This is a harsh environment, especially for witnessing. The attitude is so bitter; it is

hard to exchange pleasantries. This taken into consideration, our job was to hand out literature, and make people feel like individuals.

We found that if we only make eye contact with someone and call them "sir" or "ma'am," we can make a huge difference in their lives.

This same strategy can even work in the cornfield that we call Nebraska. If we would take the time to greet someone with a smile, we could be missionaries. Speaking of reaching out to people, even Culver Hall can be reached! (Most preferably with a can of Lysol!) But seriously, there is plenty to do here.

A few weeks ago, I heard of a couple of students who traveled all of 15 minutes to get to the bar strip on "O." They handed out tracts and showed people the kindness of Jesus. If we could do more of that, we could hasten the Second Coming of Christ!

My advice/prayer/hope is that, from freshmen to seniors, we will get more involved in the service of God.



MP \*

### Crossword Answers from pg. 21

	B	E	A	T	S		A	D	A	G	E			
P	A	R	R	O	T		B	E	C	A	L	M		
E	D	I	T		A	D	O	B	E		D	A		
A	G	E		T	R	O	U	T		H	E	N		
S	E		R	I	V	E	T		P	A	S	S		
E	R	M	I	N	E				W	A	S	T	E	
			I	N	G				E	S	T			
R	A	N	G	E					L	A	S	E	R	S
A	C	E	S			S	T	A	V	E		A	T	
P	E	R			S	T	O	N	E			O	V	A
I	T			B	O	U	N	D			E	V	E	N
D	I	S	O	W	N				E	X	P	A	N	D
	C	R	A	S	S				D	I	A	L	S	



## Spring Cleaning = New Wardrobe

Stephanie Carlile & Nicole Dnjukka

Happy Spring, Union fashionistas! We know that the weather man in Lincoln, Nebraska, hasn't quite figured out the concept of warmer weather yet, but we've decided to be excited about Spring even if we still have to wear our winter coats over our spectacular spring outfits. Each day we see more students braving the cold prairie winds to don fabulous flip-flops and hot Hawaiian shirts. We salute you and commend your defiance of Nebraska's less-than-spring-like temperatures.

What does Spring mean to you? Birds chirping, sunshine, flowers, girls in short skirts? For us, it means garbage. Now we know what you are thinking . . . these girls have completely missed the ferry to Intelligence Island; but don't despair, we are not totally out of our minds. Spring cleaning—that lovely tradition that makes mothers wrap strange bandannas around their heads and enter rooms of the household which have been locked up since who knows when. Inevitably, the whole family will be roped into the whole process—groaning, moaning, and complaining bitterly. But this year, you can shock your mother by ecstatically volunteering for the job. If you are asking yourself why in the world you would ever want to do that, read on, for there is much treasure in store.

First of all, boxes of old clothing, which for some reason accumulate in storage rooms, can hold a

plethora of new options for those willing to wash out the moth balls. Mom's prom dress, with a few alterations, might make an incredible, one-of-a-kind sundress. Dad's ties can be revived and used again, or fastened to small cloth bags to make nifty purses. Even baby clothing can be sewn together to make a variety of items, from shirts to blankets.

Second, musty household items can be revamped and worn/used as entirely different, exotic-looking items. For example, pillow cases, and bed sheets make beautiful material for skirts and springy shirts. All kinds of jewelry can be fashioned from a variety of different bathroom items such as shower hooks and small mirrors. Guys, don't be shy—get in that storage room—make a strange and wonderful gift for your girlfriends or find some of your dad's stuff and go creative-crazy.

As you go through your own house or dorm room, remember that spring is a great time to go thrift shopping because everyone else is throwing their old stuff out too. The important part of making the old new again is creativity, and everyone has some, even if they have to go a little deeper to find it. If you aren't skilled in some area of the process such as sewing—don't worry—that old shirt would look great as a tank top, and all you need is scissors.

So Union, have a splendid spring and remember one man's Britney Spears is another man's U2!



Stephanie Carlile



Nicole Dnjukka

### Thrift Stores and Vintage Shops

**\*Locations Around Lincoln\***

**Goodwill – 2100 Judson Street**

**The Salvation Army – 737 P Street  
-1425 South Street**

**Rialto Extra – 1725 O Street**

**Ruby Begonias – 1321 P Street**

**Savers – 4690 Leighton Avenue (right off  
North 48th Street)**



# Gourmet Creations You Can Make in the Dorm

Lauren Bongard

After living in a dorm for almost seven full years, I am ready for a place of my own--with a full kitchen. But being only 20 makes that impossible (at least at an Adventist college), so I've had to opt for the next best thing--trying to become a gourmet cook using a microwave, hot plate, and toaster oven. I know it sounds silly, but you would be surprised at the creations and combinations such meager appliances can yield. Along with my office-sharing accomplice Jonathan, I've been dining on homemade potato soup, asparagus and potato frittatas, an americanized version of Chinese food, and an entire library of fast-but-yummy modified recipes. Here are a few of our favorites:

## Farmers' Market Bagel Sandwiches

*-These are fast and easy, and are best made with bagels from the Chat.*

On medium heat, sauté 1/2 cup of sliced red onion, 3 cups of fresh mushrooms, 2 medium zucchini, a sprinkle

of garlic powder, and a dash of salt and pepper until veggies are tender but crisp (about 5 minutes). Slice 4 plain bagels and place on a baking sheet. Sprinkle some grated Monterey Jack or mozzarella cheese on the cut side of each bagel and bake in a 375 degree oven until the cheese is melted. Top each bagel with one slice of tomato and about 1/4 cup of the vegetable mixture and cover with cheese. Continue baking the sandwiches until the cheese is melted. Serve hot. (Note: Recipe can be modified to make only one or two sandwiches.)

## Eggplant Parmesan

*-A semi-representation of my mom's classic recipe. These take a while, but are great for impressing guests with your fine cooking skills.*

Yield: 1 - 9 x 11 casserole

Take two small to medium sized eggplants and slice them in 1/2 to 3/4 inch slices. Sprinkle lightly with salt (go easy

here--too much will make the dish super-salty) and place in a colander over a sink for about an hour to drain.

When the eggplant slices have drained, dip them in beaten egg, then in flour, in the egg again, and finally in bread crumbs. Fry them in a pan or on a griddle in about 4 tablespoons of olive oil on low or medium heat until they are brown (about 5 minutes). After all of your eggplants are fried, layer them in a casserole dish: a layer of spaghetti sauce, a layer of eggplant, and a layer of shredded mozzarella cheese. Continue layers until all of your eggplants are used. Bake at 350 degrees for 20-30 minutes, allow to cool for 5 minutes, and serve warm.

*Note: Please refer to the dorm handbook as to which appliances are legal in the dorms and proceed with caution. \**



# The Fine Print

Callie Kanen

I live about 3 miles from the bathroom. Yes, I'm in the dorm . . . still. I have a long, long trek to the bathroom every morning for the shower. Every morning I read the little sayings and posters and whatnot's on the doors of the girls' rooms that I pass. Some of the great sayings include, but are not limited, to the following:

I don't explain myself. My friends understand me and the rest of you wouldn't believe me anyway. Collars and Cuffs match. Those who reach, touch the stars. The Cheeky Monkey. We sell Mary Kay. Caution: Women within.

And so on.

Every now and then, as I'm avoiding Information Service men in my towel (Why do they announce that there are men on the floor? If I'm in the shower, I can't get more clothes than I took down there in the first place. What can I do but put my head down and hope that they don't recognize me on campus somewhere?), I see a door that has an e-mail on it. E-mails are always in fine print that doesn't stand out.

I wanted to know what was so funny/profound that this person was hanging it on the door. I bent very close to the door to be able to read the fine print. At that moment, the door opened. Picture this. There I am, hair wet, in a towel, holding my dirty clothes in one hand and my shampoo bag in the other, bending down, looking at the door and now at the stomach of the girl holding open the door. I have not been that humiliated since . . . well, I won't print that in the paper. Anyway, the girl looked at me like I was an idiot. I couldn't believe it. She had trapped me.

What was this anyway? Why hang something, then freak out when someone reads it? What could I do but babble an explanation and finish the streak to my room?

I have this same problem sometimes in life. There will be someone I want to get to know. There is something small and interesting about them. They hang their little sign out for others to see. Something much like what others hang, but it's in

fine print so I have to bend very close to read it. I try and get close to the person and then the door opens. They see what I'm doing and there I am, embarrassed but hoping that they understand that I was just trying to read the small hints at what we have in common. Sometimes it's okay and we get along fine, but sometimes I am given that look like, "You're an idiot." Most people don't bother reading the fine print because of that look.

In conclusion, my advice is to live boldly, because not everyone will risk the fine print. But when someone does, if you are the one who opens the door, remember this little article and be understanding. They are only trying to get a better look and see if you have something in common. That goes for the dorm as well. \*





## Not-so-Blonde Review: Shogun

*Jessica Robison and Heather Kampf*

Have you ever had an experience that was so ghastly, so repulsive, or so embarrassingly hideous that you wince every time that event crosses your mind? Well, this was nothing like that. Rather, it was quite the extreme opposite.

Shogun's Japanese restaurant, located on 56th Street and Hwy 2, creates an atmosphere so remarkable that one can't help but be drawn in to enjoying it. Though mainly a seafood and steakhouse dining area, Shogun's also offers vegetarian dishes for those preferring it. Prices run in the mid-teens, so we would recommend saving this particular fine dining for occasions of a special quality\*.

Perhaps Shogun's best trait is the food preparation at the table. Customers are seated in groups around a large flat stove where the professional chef creates a masterpiece of delicacies before their very eyes. One nice aspect of this is, for those carnivores out there, that one can keep an eye on how long the meat is cooking--which means when you order well-done you GET well-done.

Shogun Japanese

Mon-Thurs & Sun, 4:30 p.m. – 10:00 p.m.

Fri & Sat, 4:30 p.m. – 11:00 p.m.

For reservations call 421-7100.

Heather

Before you read any further, know that I give this place two thumbs up, and if I had more I would eagerly give them. Now, I've never been fond of cultural food, besides American (if there is such a thing), but I was thrilled with my order. The chef we got was extremely witty and could do fantastic tricks with his cooking tools. For example, once he looked at us and said, "Time for butterfly!" and we just stared blankly back at him. I thought, "Man, I may not be a pure vegetarian, but I KNOW I don't want any flying insects in my food!" But, then he took a small plastic case of butter and threw it high up in the air and caught it on a spatula that he held behind his back! I can't even do that with a huge basketball and my own bare hands! I was hooked, and I knew I would love this place. I was right.

Later he poured vodka--yes, you read that right--over the stove and threw a lighted match on it, causing it to explode into bright flames less than two feet in front of us. Maybe it's the pyromaniac in me, but I was riddled with delight (and I later gave him a considerably generous tip). What a night.

Service- \*\*\*\*\*

Food- \*\*\*\*\*

Location- \*\*\*\*\*

Entertainment- \*\*\*\*\*



Jessica

This place is great. The service is not only excellent, but also entertaining. The server pulls double duty by also cooking the food. Our server did many tricks with the knives and food. My personal favorite was the egg. After throwing the egg several feet into the air and catching it spinning on his spatula, he tossed it another time and caught it sideways on the implement, splitting it in two. I was pretty impressed. The food was delicious and there was plenty of it. I was thoroughly entertained and full when the meal ended. I give Shogun two thumbs up and five stars.

Service- \*\*\*\*\*

Food- \*\*\*\*\*

Entertainment- \*\*\*\*\*

\*Note: The amount of food served is very great and extremely filling, and the prices then seem to be a bargain. ✱

## Music of the 80s: Always Something There to Remind Me

*Editors Note: This article was printed in the November 8 issue of Walla Walla College's student newspaper, the Collegian.*

"Writing about music is like dancing about architecture—it's a really stupid thing to want to do" (Elvis Costello).

I am a huge 80s-music nerd. Last Saturday night, I sat in my car for a full five minutes after parking in my driveway, because it was an "all 80s weekend" and my radio station played two classic Cars songs followed by two by Billy Idol. I own a Men Without Hats CD—and know all the words. I am the one at the stoplight next to you whose Geo Metro is bouncing because I'm singing along and car-dancing to Roxette, Men at Work, Duran Duran, etc. I break unexpectedly into choruses by U2, the Police or Tom Petty. I embarrass friends and loved ones. But I can't quit.

*Ceri Myers*

What is it about 80s music? Why, a full 11 years after the official closing of the decade, are there still countless internet sites devoted solely to 80s music? Radio stations specializing in it? Numerous compilation CDs and songbooks dedicated to it?

Musically, the 80s were an incredibly diverse decade, including genres ranging from classic rock to punk to new wave to hair bands to sappy love songs. From Aerosmith to Air Supply, the Bangles to the Beastie Boys, Cyndi Lauper to the Culture Club, Joan Jett to John Cougar Mellencamp, a wide variety of artists and styles comprises the eclectic tapestry that is 80s music.

I would like to propose that music of the 80s remains popular and is celebrated

because it's fun and it's freeing. The diversity of musicians and styles means that

there's something for everyone. Jump around the room to the B-52s or Don Henley, get mopey with The Smiths or Depeche Mode, be a little literary with REM or Stevie Nicks or just sing along to one of those simple choruses by the J. Geils Band or Pat Benatar. It doesn't matter if you don't know the words or the dance moves—it's fun. 80s music makes for good times and reminds of good times gone by. So go ahead—be a nerd. You might like it. ✱





## Show Some Skin: Springtime Skin Tips?

April Nielsen

It's that time of year when sandals, sleeveless shirts and shorts are taken out of the closet and put to use. The season for summer clothing is here. Is your skin ready? Winter is good time to hide skin under turtlenecks and long pants. During the winter months skin can suffer for a variety of reasons. It can be scary to think about showing the world what you have been able to cover up for the last six months. Fortunately, there are many things that can be done to promote healthy beautiful skin.

Sometimes skin looks bad because the body is lacking in vitamins. Over the years skin products have begun to boast that they contain certain vitamins. Doctors say that no matter how many vitamins you take your body will only give the skin its set amount of vitamins. This means that you can take vitamins all day, but the amount that the body gives to the skin will remain the same. This said, some vitamins do have some benefits for the skin.

### Vitamin A

Vitamin A can help the skin fight free radicals. Free radicals are molecules that are released when the skin is irritated. Causes of irritation can include sun, smoke or

changes in environment. If free radicals are not destroyed they can lead to the destruction of something called collagen. When the collagen is damaged it can lead to wrinkles and in more serious cases it can lead to skin cancer. Vitamin A is also in retinoic acid. Retinoic acid is an ingredient in Retin-A, a popular treatment for wrinkles, roughness, and sun exposure. Retin-A can only be obtained with a dermatologist's prescription, but companies have begun producing products with a similar ingredients. One of the main problems with Vitamin A is that it can increase the skin's sensitivity to the sun. If you are using Vitamin A or retinoic acid wear sunscreen to avoid even more skin damage. Vitamin A can also be found in fruit. To boost your body's levels of Vitamin A and C try eating two servings of cherries, raspberries, oranges or grapefruit each day.

### Vitamin C

Vitamin C is another fighter against free radicals. This vitamin protects the skin from the sun. Some studies have shown that vitamin C, when added to sunscreen, can help increase the skin's defenses against the sun's rays. Dermatologists warn that vitamin C is not a replacement for sun-

screen, but it can be a helpful. Check to see if your sunscreen contains vitamin C.

### Vitamin B

Moisture can help skin to stay healthy. This is why vitamin B is good for skin. Vitamin B helps the skin retain moisture. Because of this property, vitamin B is an ingredient in many skin-care products. Some studies have shown that B vitamins are good exfoliators. Exfoliation is the process of removing dead skin cells from the skin's surface. Usually exfoliation is done by gently rubbing the skin with a loofah sponge and/or special cream.

Some of the most practical ways to get skin ready for springtime are moisturizing and drinking plenty of water and exercising. There are also a variety of herbal scrubs that are specially made for specific types of skin problems. Most of these scrubs are available in drugstores. Skin will react in positive ways when it is pampered, but pampering does not have to take a lot of time or money. Springtime skin preparedness will be worth it, because healthy skin is a beautiful thing that people notice.



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Mary E. Moline, PhD; Graduate School, Griggs Hall 209;  
Loma Linda University; Loma Linda, CA 92350



\*Prerequisite degrees required





# Microlab Species

*Israel Knight*

The end is near. Well, at least the end of the school year is rapidly approaching. It occurred to me the other day that since I'm going as a student missionary to Japan next year; I won't be here\*. Well, "duh" you may say, but this means a Microlab Operator position will be open\*\*. One of you wonderful, charming individuals will take my beloved job. Just to make that a little easier on you, here's another brief run down on a few of the species in the Microlab that the aspiring new operator can prepare for.

### The Terminator

Advantages: Won't ask bothersome questions.

Disadvantages: Doesn't ask any questions. If something doesn't work they have one simple solution: Apply a hammer. If it still doesn't work; apply a bigger hammer.

Solution: Straight jacket.

### The Inventor

Advantages: These people create jobs for tech support companies.

Disadvantages: Errors and unique situations are spawned by these people that have never before seen the light of day. Completely by accident they'll manage to make a computer fix raspberry waffles, or the scanner dance the Macarena. With over a decade of in-depth computer experience, I still don't know how they manage to do half of what they do.

Solution: Make them use a Mac.

### The Computer God

Advantages: They never ask you anything because they know the computer system better than you do.

Disadvantages: Right before they leave the Microlab, the printer LCD screen mysteriously displays "Out of cheese." \*\*\*

Solution: Hire them.

### The Waif

Advantages: They're uh . . . polite.

Disadvantages: Generally they don't say anything. They just silently lead you over to their computer and point at the screen. Usually there is indeed something wrong. The only problem is, they don't know what's wrong, and even you don't for a good thirty minutes.

Solution: Get them to talk. Good luck.

### The Disaster/Catastrophe/Cataclysm

Advantage: In case you're worried life in the Microlab ever gets boring . . .

Disadvantage: Computers carry a secret grudge against this species. Generally, their 52-page research paper has been gobbled up all of four minutes before it's due. They'll excitedly explain this to you at 110 decibels. Either you're able to fix it and you're a hero to them, or you're unable to and they never talk to you again. Any way you look at it, they'll make your life interesting.

Solution: Learn to understand people that speak really, really, really fast.

**Soon one of you wonderful, charming individuals will take my beloved job. But don't get too comfortable; I want my job when I get back.**

### The Cranky Microlab Operator

Advantages: Um.....

Disadvantages: [ERROR: Text missing.]

Solution: Give them a raise. A big raise.

### The Tone Deaf

Advantages: They like music . . .

Disadvantages: . . . so much that they turn up their earphones loud enough to simultaneously share their music with the entire Microlab and cause permanent hearing loss to people on neighboring computers.

Solution: See cable. See scissors. See scissors slice cable. See Microlab Operator run.

### The Unmentionables

Advantages: I don't know, I've never seen one!

Disadvantages: They don't exist! We get these phone calls that go like this:

"Hello, I think this is the Microlab. May I help you?"

"Is kfjsdkfjd there?"

"I'm sorry, is who here?"

"kfjsdkfjd."

"Who?"

"kfjsdkfjd"

"kfjsdkfja?"

"No, kfjsdkfjd."

Every time you ask if kfjsdkfjd is in the Microlab . . . well, they almost never turn out to be there. This whole process gets even more amusing when the unnamed person asking for kfjsdkfjd calls the Microlab seven times in a row at eight-minute intervals. Very . . . amusing.

Solution: If kfjsdkfjd isn't there for the 19th time, ask some random user to come talk to them. For some odd reason this usually satisfies them. I guess they're just lonely.

### The Awesome Microlab User

Advantages: They never have problems with computers, they do all their own homework, and they tip the Microlab Operators generously. (\$20s and \$50s please.) Their earphones never make any outside audible noise, and they spend half their time helping CPTR220 students who have a ton of questions that the Lab Ops don't know and are rather glad they don't.

Disadvantages: I've never met one. :(

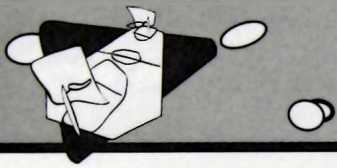
Solution: This isn't a problem.

Those are but a few of the distinctive species in the Microlab. There are fortunately many more, which will require further study, documentation and analysis; a process that will take many generations of Microlab Operators. To whomever replaces me, if you ever finish it and publish it in a book, I expect royalties. :)

\* Instead I'll be there, as opposed to here, meaning I'm not here but there, from there, which isn't here from here, but there, while here is there there, and that there is here here. (I need help.)

\*\* As opposed to closed, which isn't open which would be the opposite of the opposite of open. Whichever it is, I WANT MY JOB WHEN I GET BACK, SO DON'T GET TOO COMFORTABLE DOING IT. Ok, I'm calm now. :)

\*\*\* This is a real life story. \*



# The Friendly Hotline

Jared Gibson

If you are like me, you may have forgotten when your next intramural game is. If you are still feeling like me, you may have also forgotten where your next game is, which team you are actually on, and what sport you are really playing. Don't sweat it. The helpful people on the intramurals hotline are ready and waiting to help you.

The intramurals hotline is available to all Union College students, whether you live on campus or off, male or female, athletic or not, and you get the idea.

If you call extension 2255 or BALL, a helpful recording will direct you to when your team will be playing for the week. This recording is much like hearing the movie schedule except it is shorter, less hassle, and even more exciting. Updated weekly, the hotline is always timely and new. Plus, there is no flat charge for your first call and no per minute charges on any succeeding calls you may make.

So what are you waiting for? Don't delay; pick up the phone today. Our helpful operator Kyle Martsching is ready and waiting to direct you to your next athletic event. Call 2255 and find out what you might be missing!

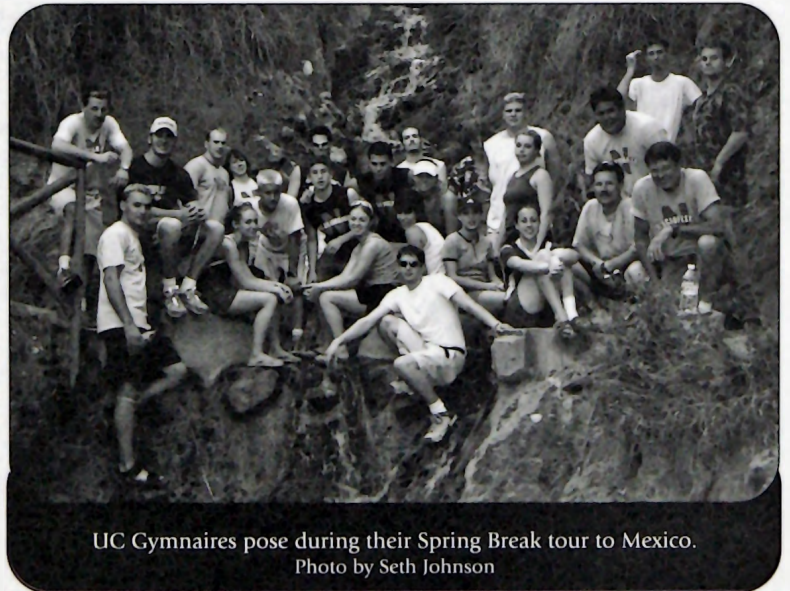
\*Note: This number should not be used as a substitute for dating services or home shopping networks. All calls up to and over twenty minutes are free, and unlimited callers and friends are welcome. Unfortunately, there are no live operators on the other end of the line. The messages are prerecorded and dubbed at the Union College studio. All relations, events, and connections to concurrently existing offers, persons, and times is strictly happenstance. This number is not a trap, prank, or other disgusting joke. No solicitation or promotional consideration was rendered for this excellent advertisement. \*



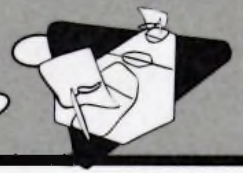
## Final Regular Season Men's Basketball Stats

Team	W	L	Playoff Seed
Green	7	3	1
Blue	6	3	2
Black	7	4	3
Gray	7	4	4
Red	6	4	5
Orange	5	4	6
Purple	4	5	7
Yellow	2	7	8
Maroon	1	10	9

Gymnairs' sponsor Cindy Spaulding and daughter, Brittney, during a routine. Photo by Seth Johnson



UC Gymnairs pose during their Spring Break tour to Mexico. Photo by Seth Johnson



## To the Gymnairs, From a Missionary

*Anita Rocchio*

People came an hour early to sit and watch you warm up last Saturday night here in Mexico. Every flip received a clap. Every time a girl was thrown up in the air like a human firecracker, I heard a "Wow!" By the time you began, there was a crowd ready to be amazed. Little kids lined the big blue mat with wide eyes and Olympic dreams. College students stood behind the chairs where the older folks sat. Everyone was a little curious about you Americans. Everyone was a lot amazed by your talent.

And it began, the first routine. The things the body can do. People working together to create beautiful human art. I was proud to be from Union. An hour of excitement. Each jump received an awestruck "¡Que parde! (Cool!)" remark. Union College Gymnairs, you are awesome. Even though I have seen you perform before, I have never seen you like you were here in Mexico. I've never felt that energy. I felt like a little kid at Disneyland. Honestly, you were the most exciting thing that has happened to this campus since I have been here. And I am not just saying that because I am from Union. You were great.

The best part about your program for me was the crowd's energy during your mini-tramp routine. The little kids lined your runway so they could slap your hands as you ran by. You were bigger than Michael Jordan in their eyes, at that moment. You put a dream of gymnastics into many Mexican minds. After the mini-tramp, you couldn't get the people to sit down. The excitement was too much for them.

You tasted stardom Saturday. And you are a group that Montemorelos will never forget. There are people here that talk of your show from 10 years ago. And there will be people talking about your show 10 years from now. Your autographs are special to the children here. And your pictures are going to be placed beside Britney Spears and N'Sync posters.

But I want to tell you more than just how great your show was. Your attitudes and camaraderie made me proud to be American. I saw small things in you all that reminded me why Union is special.

Shane, you sat a Mexican girl on your shoulder for a picture. You made her feel like more than a princess.

Matt, you let a Down's Syndrome boy pass you on a swinging scary bridge. You made him first in a world that puts him last.

Nick, you chilled with some of the students here as you ate Sabbath lunch



The Union College Gymnairs praying during their Spring Break tour to Mexico.  
Photo by Seth Johnson

and while you waited for the vans to leave. You made amigos that feel special for having talked to one of the now famous Gymnairs.

Angie, you broke through language barriers with a little boy in church as you both smiled across the pews. You gave him what might be his first and lasting impression of all Americans. It was a kind and sweet impression.

Michaela, you sat outside the dorm talking to students, even though you were tired and in need of the Internet. You gave them a feeling for the friendliness of Union. And friendliness that is not flirtiness.

Dr. Becky Greer, you introduced yourself to a medical student after your Sabbath school discussion group. You let him know that he is not just another voice and that his views do matter.

You all sat outside Sunday night for your worship. Your songs were from angels' voices to the students who walked by and slowed to listen. You all let them know that you value time with God.

I can go on forever. You all did little things besides the big thing (your program) that made people know that Union College in Lincoln, Nebraska, is a great place to sling the ink and find a friend. You made me feel special because I was homesick for Union, and you let me in your group. I didn't have to do a cartwheel. There was no tryout. You just let me hang out and speak some English and maybe translate some Spanish.

Gracias. ✨



According to Anita Rocchio, student missionary in Mexico, "Each jump received an awestruck '¡Que parde! (Cool!)" remark."  
Photo by Seth Johnson



## Ask Answer Girl

Dear Answer Girl,

What should I do? There is this girl that I have known for a while and she is a really great person. When I first met her, I only thought of her as a friend. But about four months after she came to Union, I realized that I had feelings for her that went beyond friendship. After that, I tried really hard to impress her. I invited her out a few times and we even went to the banquet together. I thought we had fun, but there was an uneasiness about our friendship. I know now that I was trying too hard. She read me like an open book and knew I was interested in her. So she slowly backed off and all of a sudden she became very busy and didn't have any time to spend with me.

Even after that, I still thought something might happen. That was two years ago; I realize now that nothing is going to happen, and I truly just want to be friends. Sometimes though, I still feel remnants of those passed feelings and it is painful. I want to completely get over myself and forget how I used to feel about

her. I only want to be her friend. How can I do that?

--Perplexed

Dear Perplexed,

It's rarely easy to get over someone you've felt strongly about, and it's completely natural for you to still feel "twinges" when you see or think about this girl.

As far as getting past those feelings, it may be helpful for you to ask, and answer for yourself, some hard questions. What is your motivation for being just friends with this girl? Are there specific reasons why being more than friends would never work? Is being friends your real goal, or are you settling for what you see as the inevitable?

If you can identify specific reasons why friendship is the only viable path for this relationship and truly want to be friends without the possibility of more, you're well on your way to moving on, and the feelings you still have for this girl will fade with time.

If, however, you want her friendship

because you feel it's the only way to be close to her and you're not really convinced that

more is not an option, you have some more self-searching to do. You may need to achieve resolution on the issue of whether or not more than friendship is possible, and whether or not you want that, before you can attempt to get past the feelings you're experiencing.

You sound like a perceptive guy. Determine your motivation and feelings will (ideally) follow. In the meantime, pursue things that interest you- hobbies, sports, books, other social situations. There are always plenty of new friendships to be formed!

--A.G.

Have a question? A quandary or a query? E-mail [askanswergirl@hotmail.com](mailto:askanswergirl@hotmail.com). \*



## Copy Editor's Corner

### The Much Ballyhoed Twenty Cent Shift

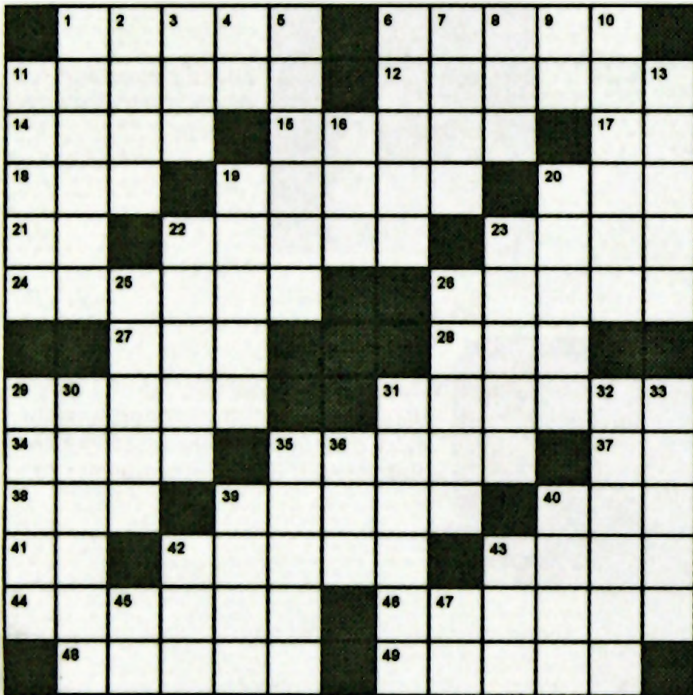
By Daniel Murauskas

It is now time for one of the most drawn out puns of our time. I initially wrote of the "twenty cent shift" over a month ago. Now I unveil to the world (that reads the *Clocktower*) my preposterous pun. The twenty cent shift refers to a paradigm shift. Get it. A "pair a dimes" shift. Ha. Ha. He. He. Ho. I apologize for pandering to the power of suspense to entangle my innocent, unassuming readers.

Now that the poor joke has been unveiled, it is time to provide explication on my mysterious allusions of yesterweek. The paradigm shift I refer to is an implementation of a pedagogy of charity, adapted from Donald Davidson's language theory. A pedagogy of charity is an attitude that appoints the benefit of the doubt to new information. So, instead of ridiculing the song service slides for incorrectly using "your" in the phrase "Your all I want, Your all I ever needed," one can change their perspective, allot benefit of the doubt, and think that God's *all* is what we want and need. Instead of castigating the author for "misspelling" altar as alter, the aforesaid one can relish in the thought that we are changed at the altar. This perspective fosters an attitude of acceptance and love, while casting out negative criticism.

While I encourage this creative, imaginative perspective, I understand and adhere to the philosophy that there is a time and place to follow the rules of our language so that we can communicate effectively. The key is to find the balance between the two. Do not spend all song service chastising the author of the slides; love God, and praise him. Keep your rules to the classroom. \*





Answers to the crossword are on pg. 12.

**ACROSS**

- 1 Hits
- 6 Saying
- 11 Mimic
- 12 Lull; quiet
- 14 Delete
- 15 Sun-dried brick
- 17 Prosecuting lawyer (abbr.)
- 18 Time period
- 19 Fish
- 20 Pullet
- 21 Direction (abbr.)
- 22 Bolt
- 23 Go by
- 24 Fur
- 26 Extravagance
- 27 How all gerunds end
- 28 Time zone (abbr.)
- 29 Area
- 31 Beams
- 34 High cards
- 35 Ward off
- 37 Near
- 38 Each

**DOWN**

- 1 Heckle
- 2 Great lake
- 3 Craft
- 4 Preposition
- 5 Hungry
- 6 Almost
- 7 Owe
- 8 Hole-in-one
- 9 Southern state (abbr.)
- 10 Oldest
- 11 A plea (obsolete)
- 13 Mansion
- 16 Deer

- 19 Hue; dye
- 20 Hurry
- 22 Circles
- 23 Obsolete
- 25 Digger
- 26 Spin
- 29 Fast
- 30 Containing acid
- 31 Grounded
- 32 Black birds
- 33 Upright position
- 35 Dazes
- 36 2,000 pounds
- 39 Seeds
- 40 Ellipse
- 42 Snake
- 43 Environment group (abbr.)
- 45 Senior (abbr.)
- 47 Eleven (Roman)

blah!@

# Usaid IT



By Larissa Caskey

"I love taking a long nap with my cat, Miss Saigon."

## How do you cure spring fever?



Luis Quiroz  
Psychology major from San Diego, CA

I ditch classes and wear shorts, even if it's cold outside.

I walk slowly between classes to enjoy the sunshine, and while in class I sit by the window to get some of the rays from outside.



Myrlene Pyronneau  
Biology major from New York



Rebekah Lincoln  
Psychology major from Seattle, WA

When it's sunny outside, but still feels a little cold, I get in my car and turn the heater on full blast and roll down the windows so it feels like summer.



Orlando Escobar  
CS and IS major from Denver, CO

I have fun and do whatever I like.



Emily Hausner  
Nursing major from Redcliffe, IA

I spend time outside taking a walk.



Bradley Moon  
Bus. Mngt. major from Lincoln, NE

I keep busy and find a lot of men.



Michelle Corsan  
Nursing major from Portland, OR

I hang out with friends.



Tricia Essex  
Psychology major from Battle Creek, MI

I go shopping at SouthPointe Pavilions.



Shaun Meharry  
Math ed. major from Harvey, ND

I live the free moments to the fullest.



Antonio Cano  
Theology major from Sunnyvale, CA

I get outside and play basketball.



Amber Heinrich  
Nursing major from Roscoe, ND

I go outside as much as I can and get tan.

sppppam! Whoah!! What was that? Oh, hi everybody! I was just watching the amazing art fly right by me and into the Clocktower for this issue. We have a very talented selection of poetry and photography for you in this issue, ranging from the mysterious 'anonymous' to the always elusive Cale Prindle. And now, I ask of you, the people who actually read this little intro; the people who faithfully watch the art section, waiting for a sign; the people who run in the fields, hunting goats with shoe polish and crashing into brick walls; it is YOU! You, who I turn to now, for even MORE amazing art. In these last weeks of school I want more art. I want YOUR ART! I'm crazy, I'm going bonkers, and I want you, for only \$29.95, to bring me your . . . oh wait . . . for FREE! Submit all your art to Brandon Horniachek at brhornia@ucollege.edu, leave it in my mailbox (PH508), call me at 486-2893, or talk to me in person. The sun may be blue and the turkey may be ecstatic; the pie may be enlarged, and the pen cap might be made of apples; the floor IS there, and the ceiling IS gelatinous; BUT the cows WILL NOT EAT THE CLOCKTOWER!!



Brandon Horniachek

## Self Portrait

*Anonymous*

What words?  
For that stare?  
What words?  
For that way?  
That countenance--the mysteries it hides.  
What picture?  
How to capture,  
The essence of me?  
Well . . .  
I . . . am not alone.  
but yet I am lonely.  
I am not in poverty,  
but sometimes I feel poor.  
I am not in palaces,  
but yet am called a prince to the King?  
Not with riches,  
yet am considered among the most wealthy  
in the universe.  
Yet my ways are slim.  
are sheltered.  
I have no forward rejoice,  
although its discovery I am finding.  
I have not mastery of knowledge,  
yet what I do know is my own.  
And it is constantly changing-shaping.  
And what of my love?  
My love  
Yes, that puppet.  
That possession that only stays on its egress.  
To love.  
What of how I do it?  
With restraint?  
With cre?  
Casual?  
Yes.  
I do all.  
But what I am most proud of?  
Of my love?  
I would have to say . . .  
To choose to love,  
When it's said I can't.  
Perhaps this is all I care for.  
Perhaps this is the only measuring stick:  
If to, or if not at all.  
But never only some.  
Yes, this all I care for of me.

## The Most Beautiful

*Anonymous*

There was a time where in my youth,  
I wanted to impress my girlfriend.  
I rambled on forever like usual until I  
Said with some hesitation,  
"Women are the most beautiful thing in the world."  
And she called me on it,  
"O.K. that's about the staunchest lie I've heard told,"  
She said with pessimistic laugh.  
(I could hear her sneer over the phone.)  
She had called me on it, and had won.  
I know now not to be so hasty.  
I don't utter such melodrama now.  
For now I know:  
Women are most beautiful thing in the world.

The lily,  
The rose,  
The pure white dove,  
The song of a meadowlark over the still hills of the morning,  
The first tuning note in harmony, hit, by a full orchestra--nothing--  
Compares to the embodiment of a person:

Her hair,  
her curves,  
her eyes,  
her lips--the way she winks at you--smiles at you.  
Sunshine hath no light like this to warm the soul.

Her kiss--for you.  
For you.  
Her embrace, her gentle hands.  
And nothing is as beautiful than for her to bleed your heart into hers,  
She knowing your inmost dreams, hopes, and desires.  
Indeed not even parents shall know your heart as she.  
And indeed nothing is as beautiful,  
as beautiful as a woman.  
For such is love.

(Halleluiah to God most high for such a gift.  
Who else could bless like He.)

# Erik Stenbakken Photography

To read on former professional photographer and Union College alumnus Erik Stenbakken, see page 1.

Photos courtesy of Erik Stenbakken/www.stenbakken.com

