



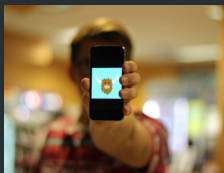
the
clocktower



LADY WARRIORS WANT SOME R-E-S-P-E-C-T

“The Lady Warriors have received quite a bit of grief in past years, especially from their own school.”

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Lydia Pongo, senior psychology major

“Monday, I led out in Girl Scouts in the Juvenile Detention Center and I got free Girl Scout cookies! So that was good. It was actually a really good day because there are no boys at the meetings. At the other job I work at, boys and girls are together, so they’re all trying to one-up each other and be more impressive than the last. We never get anything done.”

“I get super frustrated when I can’t get a hand-to-hand.”

“What’s a hand-to-hand?”

“Oh, a hand-to-hand is a handstand on top of someone else’s hands in the air. It’s just, being so close to getting it, but not sticking it... It’s just the worst thing.”



*Lindsay Fandrich,
sophomore exercise science major*

*Humans of Union College is
compiled by Chelsea Aguilera.*



ABNER CAMPOS

#UnitedWeYak?

The anonymous app that brings out a whole new side of people

In November 2013, Tyler Droll and Brooks Buffington launched Yik Yak, an anonymous social media app designed to create and view posts within a 1.5 mile radius. After graduating, Droll dropped out of medical school to sustain Yik Yak, and Buffington timed-out his finance career.

The intention of these two university graduates was to create an instant feed of what is happening in the immediate area. Buffington told *Forbes* magazine, “Imagine people in Ferguson, Missouri, ‘Yik-Yakking’ about what’s going on. Anytime anything newsworthy happens, people are going to be going to Yik Yak to see what people there are saying.”

It’s nice of them to create an app that aids those in the area. So, the intentions are great and all, but the results of what the app is known for are contrary to the purpose it was designed for.

Union College is known for its friendliness, hospitality and hominess. If we have anything going for us, it is our community. However, it seems like Yik Yak threw our community-kindness to the side of the road to be trampled on. Anonymity gives us the power to say what-

ever we want, including inflammatory, hateful statements.

Yik Yak, as funny as it may be, has dehumanized Union.

I know that not everyone on Yik Yak bashed pretty twenty-year-olds, roasted professors or said they wanted to have sex with that curvy chick. Not everyone on Yik Yak posted inappropriate things, but because you don’t know who does, the negativity is weaved into the tapestry of common posts. If you want to be unkind, Yik Yak is the place to do it. But it’s also the place to be a coward and a jerk. You might post nice things—but no one remembers the nice things.

Here are some not-so-anonymous views from some of your fellow students:

Isaac Houston: I think that it is negative. It is pretty funny to read sometimes but I saw people just being awful... We all think a lot of those things...but some things are just better left unsaid.

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KATIE MORRISON

Lady Warriors want some R-E-S-P-E-C-T

Women's basketball and the effect of public opinion

Some sports aren't fun to watch. Like curling, for instance. Curling is an Olympic event in which athletes slide stones across a long strip of ice. It's hardly scintillating. Now take a look at women's basketball. WNBA games average just 413,000 viewers, compared to 1.46 million viewers for NBA games. That's a difference of over 1 million viewers—people who just aren't interested in women's basketball, even at a professional level. How does the women's basketball team at Union College even stand a chance?

The Lady Warriors have received quite a bit of grief in past years, especially from their own school. One new Warrior recalls a friend's reaction when she announced her decision to join the team. "Immediately I was told to prepare to lose," she said.

While the Warriors might not win every game by twenty points, their record was modest last year, winning seven games during the season and having half a dozen games within five points. This is nothing to be ashamed of.

As Lady Warriors, it is also their privilege to meet girls they never would otherwise.

They develop lifelong friendships with these teammates. This camaraderie then translates into chemistry on the court. Warriors put hours and hours of time into the sport, all because of their love and commitment to each other. But instead of being celebrated, or at least supported, by their school, the Lady Warriors have games starting without fans in the stands.

Another area of contention for the women's team is an inconsistent practice space. With all the different teams on campus, it can be tricky to coordinate times when each team can practice in the Thunderdome. Gymnastics and men's basketball both practice four times a week for almost two hours each night. As a result, the women's team often doesn't know where the next practice will take place. One week, the team traveled to three different gyms just to get practice time in.

Last year, due to conflicting obligations, the Lady Warriors found themselves practicing at 5:30 a.m. every Friday morning. This example represents a more introspective issue the team faces: lack of respect.

The cumulative attitude on campus towards the basketball program is apathetic at best. Even Union graduates understand the Lady Warriors' plight. "They get no respect!" said Jared Henry, who graduated last May. Students are often heard talking negatively about the team's lack of talent or disrespecting coaching staff. Overall, Union College's campus has trouble supporting one another.

This attitude leaks into how the players on the team interact with each other. Because of the supposed unimportance of the team, the players find it acceptable to skip practice. More often than not, the team will practice with about six players. With a team of only eight women, every teammate counts.

Allison McCarthy, a freshman Warrior, says it all comes down to respect. "People respect gymnastics more because they

get the gym. Certain alumni respect the boys' team so they get new shoes every year," she said. "People are continuously negative to us, and I don't think it's wrong to want more respect from Union College as a whole. Whether it be from other students, other sports teams, or whoever—if we were treated positively, none of these things would be a problem."

Supporting each other, showing a Christian spirit and offering vocal encouragement can alleviate so much tension. "We know not everyone can make the games all the time," said Lyndsey Cowin, newly elected captain of the Lady Warriors, "but we really do appreciate it when students come and show support. Let's have more positivity and more Union fans than visiting fans this year!"





DEREK BAKER

Raining wins

Post-season woes and wins

Union College flag football intramurals have come to a close. A victor has been crowned, and we now prepare to move on to intramural volleyball. Before we put football in the rearview mirror for good, let's take a look at how this season shook out.

Curt and Dan Carlson gave the other teams a serious run for their money this season with most of their losses coming by just one possession. If you ask all the quarterbacks in this league which of them throws the best deep ball, they'd all agree on Curt. Curt aired it out to receivers Zak Luke and Jared Messinger, but

unfortunately they didn't always come down with it. Curt and company put up a valiant effort against Underwood and his team, but ultimately came up short. The true potential of this team will forever be unknown, as most of their games were played without key players Jake Trana and Zack Posthumus.

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





5 tips to stay motivated

How to make the most out of your day

EMY WOOD

Many aspire to achieve productivity, but few actually follow through. With Thanksgiving break looming close and the chill of fall setting in, finding motivation to finish homework or even attend class wears thin. Avoid the autumn slump by taking the following five tips to heart.

Plan ahead and create to-do lists.

Are you forgetting meetings and turning papers in late? Dig through your desk and find the planner Union handed out at registration. A planner keeps you organized so you don't show up to class unprepared, and it can prevent you from overbooking an already full schedule.

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



The world's largest secret santa gift exchange

Now you can receive useless gifts all the way from China!

JORDAN ZY

Halloween is officially over and we have nearly a month until Thanksgiving. We all know what that means: time to think about Christmas.

Everyone has their own favorite tradition for this holiday. Some adore the decorations and others love complaining about Christmas music, but one of my favorites is the Reddit Online Secret Santa Gift Exchange.

If you're not familiar with the Secret Santa game, allow me to explain. This game is usually celebrated with a group of friends. Each person is assigned the name of another person for whom they will find the perfect gift. The goal is to give your giftee a present without revealing your identity to them.

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KYLE BERG

Beards Save Lives

The benefits of the “Decembeard”

My obsession with facial hair began at a family reunion when I was eight. I had not yet mastered the art of swimming, but I did excel at cannonballs and belly flops—as long as I had my trusty life jacket. After an hour of poolside shenanigans, my mom decided it was time to head back to our campsite. I stripped off my lifejacket and began to walk towards the exit, but my yearning for one last dip was too strong.

I raced to the edge and leapt with vigor, gusto and the freeing feeling of the wind on my bare chest. As I sunk to the bottom of the pool an unfamiliar feeling crept over me: I was not rising to the top. After several seconds of staring at people’s feet, strong hands plunged into the water and lifted me from my certain fate.

Looking up at my deliverer, I took note of his appearance. He had a beard that reached his bosom, thick black sunglasses and jean cut-offs. My mom thanked him profusely before he disappeared into the crowd of family members who flocked to my side.

Since that day I have had a special bond with beards. I never got the man’s name;

I only know he had a beard and saved my life. I never thought that by growing a beard I could help save lives as well—until three years ago when I discovered a website raising money for prostate cancer.

The concept was simple. Raise awareness by growing a beard and get people to donate money for prostate cancer research. Since then, I’ve searched for more ways beards can better mankind and discovered three websites I highly recommend: freetobreathe.org, us.movember.com and ivegotaname.com/decembeard.

Freetobreathe.org

At freetobreathe.org you will find a fundraiser called Beards for Hope. The mission of Beards for Hope is to “ensure surviving lung cancer is the expectation, not the exception.” The vision is to double lung cancer survival rates by 2022 by raising money for research, educating patients on their options, making molecular tumor testing standard care and doubling lung cancer patients in clinical trials.

We can participate by registering for free at their website, clicking on the “Get Involved” tab and scrolling down to the “Register to Grow” button. Once you are

registered the fun begins. Quit shaving by November 1 and submit weekly check-in photos or videos on Twitter, Instagram, Vine or all three. Make sure you use “#beardsforhope” so they show up on the freetobreathe.org newsfeed.

By submitting photos with the proper hashtag you can begin to spread awareness for this noble cause and hopefully encourage onlookers to donate. You also get rewards for raising \$100, \$500 and \$1,000 in donations. All the money



raised goes to lung cancer research.

Us.movember.com

The Movember fundraiser is for those who are feeling even more adventurous and want to grow the soup strainer (better known as a moustache) instead of a beard.

As a participant you can grow your moustache and raise money for prostate cancer research, men's health programs, mental health programs and testicular cancer research. Movember has also partnered with 7 For All Mankind jeans; for every pair of jeans sold, \$20 will be donated to Movember programs. Check out the website to learn more about the rewards and prizes you can receive when you raise certain dollar amounts.

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

"#UnitedWeYak?" continued

Laryssa Schnell: Being a lover of people, I enjoy having the capability to interact with my friends and new people everywhere! However, I was appalled with the things that came up on my Yik Yak feed... Anonymity is one of the said “benefits” of Yik Yak. I feel like if you need a reason to stay anonymous, your words may not be necessary. The opportunity to witness and show who we are [to non-Union students in the area] was overshadowed by the immaturity of some.

Lindsey Parsons: I hate it. I think that it enables bullying, giving people the courage and ability to say hurtful things about people without owning up to it... People hanging out on Yik Yak on our campus would have no idea that we are a Christian college.

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

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
2	3 3:30-5:00 p.m. Academic Council	4 10:30 a.m. Chapel 3:30 p.m. Union scholars advisory 5:00 p.m. UC Women BB vs Southeast Community College (Thunderdome)	5	6 10:30-11:30 a.m. Faculty Senate 8:00 p.m. UC Men BB vs York College JV (Thunderdome)	7 Parents Weekend begins Campus store sale 7:30 p.m. Vespers Sunset: 5:16 p.m.	8 5:00 p.m. V2 6:00 p.m. UC Women BB vs York College JV (Thunderdome) 8:00 p.m. UC Men BB vs York College JV (Thunderdome) Sunset 5:15 p.m.
9 Parents Weekend Campus Store Sale (open 9:30 a.m.-12:30 p.m.) 8:00 a.m. National SAT	10 Campus Store Sale	11 MAU Education Majors Pizza Feed 10:30 a.m. Chapel 11:30 a.m.-1:00 p.m. ASC 5:00 p.m. UC Women vs Faith Baptist 7:00 p.m. UC Men vs Faith Bible College (Thunderdome)	12 Campus Store Sale 2:30-4:00pm LEAD Committee 8:00 a.m. Pre-registration for spring semester begins	13 10:30-11:30 a.m. Academic Assembly 5:00 p.m. UC Women BB vs Grace University (Away) 7:00 p.m. UC Men BB vs Grace University (Away)	14 7:30 p.m. Vespers: UFC Sunset: 5:09pm	15 5:00 p.m. V2 Sunset: 5:08 p.m. ASB Roller Skating

THUMBS UP/THUMBS DOWN

FROM "THE CLOCKTOWER" STAFF



to the Steelers winning.
—Chelsea Aguilera



to sunshine in the fall.
—Dimas Wauran



to buying all the Easy Mac at Cooper's. —Cody Cowin



Thumbs up to pogo sticks.
—Daniel Ikpeama



to graduating in December.
—Gary Obreque



Will you enter Reddit's secret santa gift exchange and help make world history?

WE CAN'T HEAR YOU.

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

Like us, hate us or anywhere in between, we'd love to hear why. Have a story you'd like to pitch? We'd love to craft it. When you're full of unadulterated Adventist angst, and are looking for an outlet, look no further than The #CLTWR.

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



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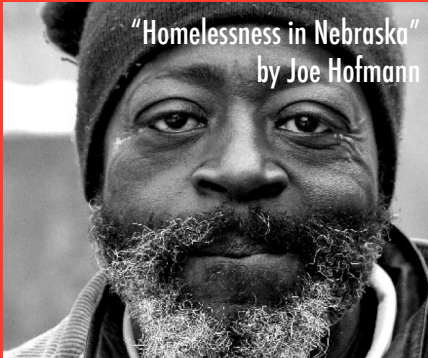
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The Clocktower is published weekly during the school year by the Associated Student Body of Union College, 3800 S. 48th St., Lincoln, NE 68506.

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

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Pro Tip: You can find a new #CLTWR online most Mondays at <http://clocktower.ucollege.edu>.



"Homelessness in Nebraska"
by Joe Hofmann



"A Guide to Germans from Russia"
by Elena Cornwell

In this week's online issue, check out the latest news on smartwatches, discover ways you can make peace your way of life, and find out how you can help the homeless in Lincoln.



"5 tips to stay motivated"
by Emy Wood



"Watch out for the smartwatches"
by Jacob Prosser



"Peace: A conversation, part two"
by Slade Lane