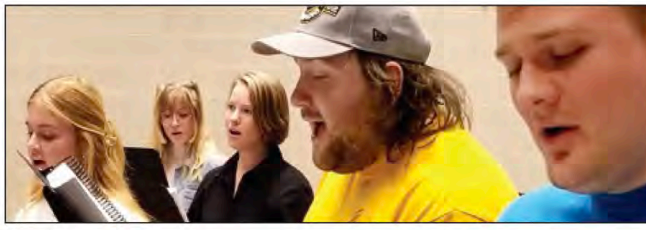




Kerry Owens, pg.2



Into the Woods, pg.4



Rollerskating, pg.6

UNIVERSITY OF MARY HARDIN-BAYLOR

The Bells



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Photo by Jackson Keenan/TheBells

Coach Kendra Foreman breaking the huddle during the game against LeTourneau on Jan. 28.

Kendra takes court

By Jackson Keenan
Sports Editor

Coach Kendra Foreman was named the Interim Head Coach of the Women's Basketball team, having replaced Mark Morefield, who was coach until Jan. 24. Since then, Foreman has led her team to a 4 and 2 record with two games left in conference play, putting the Crusaders in a good position for the conference tournament.

Known as "Coach Kendra" by the team, she was a player under the former coach,

earning the American Southwest Conference West Division Defensive Player of the Year and First Team All ASC West-Division honors, graduating in 2017. She went on to become a graduate assistant at University of Texas at Dallas for two seasons before returning to her alma mater, and eventually becoming an assistant coach in 2021.

Although Foreman is familiar with the former coach's style, she wants to put her own twist on coaching the team.

"Just playing hard

every possession and leaving it all out on the court," Foreman said. "I was very big on defense, so I want to show defense because it wins games and makes things a lot easier."

This focus on defense showed its promise in the Cru's Saturday game against the University of the Ozarks where the Crusaders held the Eagles to 39 points.

With that win, the Crusaders are tied for second place against East Texas Baptist University in the ASC standings. With two

Continued on p.5

Psalm 139 inspires

By Keely Mills
Contributing Writer

"For you formed me in my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." ~Psalm 139:13-14 ESV

The Psalm 139 women's conference was filled with joy, laughter, and most importantly - spiritual goodness. The main theme of this year's conference for women was "celebration." Young women from all different classifications gathered together in McLane Great Hall on Friday, Jan. 13 to kick off this joyous event.

The large room was lined with long tables with festive decorations, bright candles and dried grapefruit slices. On each side of the hall there were pretty backdrops where attendees could take group photos. There were snack tables on one side and a lounge area with blankets and pillows on the other.

"The atmosphere was very vibrant and pink!" freshman transformational development major Rebekah Hasse, one of the participants, said. "Everybody was clearly excited to be there, and there was a sense of community"

The participants arrived in their pajamas, as was encouraged. Everyone sat down and chatted amongst themselves with their popcorn and candy.

"It was so nice to be able to come in as I was and enjoy the company of my fellow sisters in Christ and take a step

back from everything," Hasse said.

Conference speaker Carrie Beth Rogers gave a short sermon on what the passage of Psalm 139 means for the women of God. She spoke about being made in the image of Christ and prayed the psalm over all the women present. After this, music began to play and everyone sang and danced to popular songs as the evening started to close. Rebekah Hasse especially cherished this part of the conference.

"We were able to put into practice what we had just heard, about finding our identity in Christ," Hasse said, "and [while] not caring about what the others thought as we danced the night away."

The attire was casual on Saturday morning at Bawcom Student Union, where everyone received Psalm 139 t-shirts. They had breakfast with a prayer to bless the day, followed by a time of worship. The women praised the Lord together and celebrated His goodness joyfully. Then, the speaker, Carrie Beth Rogers gave the first session of the day, reading from Galatians Chapter Five, which concerns the freedom that Christians have in Jesus.

"Our ultimate freedom from sin comes from Christ," Rogers said. "And since we are all sinners, we have to stop comparing ourselves."

Six breakout groups ensued; In His Image, How to Pray, Getting Started, Gospel 101, Wellness, and Commu-

nity. Hasse describes the breakout groups in this way:

"The breakout groups were absolutely amazing and gave us opportunities to hear from fellow sisters in Christ and what God has called them to."

That evening, everyone came back to McLane Great Hall dressed in their Sunday best. They enjoyed pasta and salad together, and there was also some time for more picture-taking. After the meal, there was worship, then a session about why the conference is a time of beautiful celebration, and how people who follow Jesus Christ have freedom beyond all measure.

The rest of the night consisted of learning about different Biblical applications, such as how to continually submit to the Lord and His plan, and rejoicing in the freedom from sin that God has given humanity. Moreover, there were multiple activities that reminded participants how important it is to support one another in a Christ-like way. For example, the women filled out worksheets describing sin they have struggled with, and at the end of the activity, different groups of women stood up when the name of their sin struggle was called. It was a way of declaring that sin has no power over individuals who are saved by Jesus.

The weekend closed with a lively worship party. What better way to celebrate the hope and freedom we have in Jesus than singing and dancing with fellow sisters in Christ.

Training Knights



Photo by Brock Pfrommer/TheBells

The men of Cru Knights practice an opening dance number on Feb. 2, 2023. From left to right: Logan Gerhart representing Remschel, Cody Cossete representing Burt, and Elijah Montoya representing Gettys.

By Brock Pfrommer
Staff

Crusader Knights has begun practice for its Feb. 25 show, featuring men who represent organizations and residence halls across campus. Crusader Knights has been a long-standing tradition at the University of Mary Hardin-Baylor, since 1994.

Originally starting as a counterpart parodying the women-only Miss Mary Hardin-Baylor pageant, Crusader Knights has flourished

as its own spoof pageant, featuring group musical numbers, video skits, and only the finest of evening attire.

The men featured in the pageants represent residence halls such as McLane, Burt and Gettys as well as organizations such as the Baptist Student Ministry, Delight Ministries, and First Year Collective. Contestants are judged based on their individual pageant walks, how they answer interview questions during the show, and their dancing

abilities during the big group musical numbers.

Ethan Varisco, who is participating as Mr. FYC, representing First Year Collective, shared some of his reasoning behind joining the pageant.

"I was approached and asked to do it," Varisco said. "I thought about it for a bit and thought if I turned down this opportunity, I would regret it for the rest of my life... I get to represent something I love."



Photo by Bella Alaksin/TheBells

Students worship during the last session of Psalm 139 event. From left to right: Macy Rogers, Claire Murphy and Kinsley Jones.