100 Campus View Drive Lincoln, IL 62656

Disaster in Haiti:

By Lindsay Molen Associate Editor

On the streets of Haiti, amongst piles of rubble that were once homes and businesses, gatherings of people stand with tear-stained faces contorted and arms stretched high towards the sky. They are praising God and praying for their country which was devastated by the 7.0 earthquake on January 12. Even with more than 212,000 dead and at least as many injured, many people in Haiti have turned to God for help.

Before the earthquake, Haiti was a struggling nation with more than half of the population under the age of 18 and four out of five people living on less than \$2 a day, according to the U.N. Now, with Port-au-Prince and the surrounding areas nearly demolished, the country faces a very long, very difficult recovery.

"What you're seeing on the news is just the tip of the iceberg," Professor Steven Collins, who has served as Executive Director for Haitian Christian outreach, remarked, "The need will live on long after the news stops covering it...for many months and years to come."

According to the UN International Strategy for Disaster Reduction, it will take at least ten years to rebuild the nation. Beyond that, Haiti still bears heavy needs. Professor Brian Johnson, who works with G.O. Ministries, explained that right now Haiti needs professionals like doctors, but eventually, when the country is better stabilized, people of all talents will be needed.

It is easy to overlook the problems

in Haiti during the strenuous life of college but it is important to remember the Haitians in their time of trial. Every contribution helps the people who are struggling to survive, even if it is small. One seven year old in the United Kingdom drummed up \$160,000 simply by riding his bike around the park for sponsors.

A call to serve

A call to pray

money certainly imperative to the Haiti relief effort,

· Continued on next page



Inside

Opinion

Should 'Gitmo' be closed?

• p. 3

Feature

Counseling Corner

p. 6



International Focus Event

p. 6-7

Arts

Featured poetry

p.4

Entertainment



Provost: Friend or Fraud?

Sports Basketball focus: worship p. 12

<u>ို 2</u>

Haiti

Continued from page 1

there are still many more supplies in need. Officials are asking for the donation of tents for the 1,000,000 who have no place to live. A rainy season is only a month on the horizon and it could mean even more death if shelter cannot be provided for them.

With so many overwhelming needs in Haiti, it is difficult to know how to help in America. Both professors agree that more than anything, Haiti and the ministries helping Haiti need the powerful and effective weapon of prayer. Professor Johnson also sympathized with the lack of funds many college students have and said that while students should give what they can give, spreading the word about relief efforts is the next best thing to be done.

Before speaking about what he would like the students of LCU to know, Professor Collins thought hard for a moment and spoke with concentration. "I want students to know what Lincoln is doing, what a great need there is, and how well people are partnering to help."

Even in the midst of this tragedy, there truly are miracles beginning to bud from the ashes of the crumbled and burned buildings of Port-au-Prince. Organizations such as G.O. Ministries and Haitian Christian Outreach have been able to work at a surprisingly fast rate to the help the people.

Professor Johnson commented that "God continues to open up doors everyday" for G.O. Ministries to help and witness.

The world is uniting in the effort to help Haiti and on the forefronts of this battle are many alumni from LCU. G.O. and Haitian Christian Outreach are two of the primary outlets of support that members of LCU have helped with. Professor Collins, who has participated in fifty-four mission trips to Haiti, has witnessed many former students having their hearts broken for the country on these trips.

It is important for this school to continue supporting these workers so that when people remember the tragedy of Haiti they recall what was lost, but also what God brought to life despite the destruction and the chaos. The eyes of the world show a country that has been devastated beyond comprehension but the eyes of God reveal much more than that: the opportunity for healing and for redemption.

The students of Lincoln now have the opportunity and even the mandate to combat this terrible event and aid God in working it out for the good of His Kingdom, in order that everyone may see that with God there is always hope.



10% off your next purchase!

Mon Sat 9.30 a.m. 9.30p.m.
Sun 9.00a.m. 9.30p.m.

3091 Woodlawn Lincoln, IL

Getting a grasp on GITMO:

The President's plan to close the Cuban prison causes controversy



ObamaBeat

Ben Trumbull

On January 22, 2009 President Barack Obama signed an executive order to close the prison at Guantanamo Bay, Cuba, within a year. That deadline passed more than two weeks ago, and the site that had been chosen as an alternative to Guantanamo to house terrorist suspects resides right here

within our state boundaries in Thomson, Illinois.

The new suggested site is a planned prison facility which had already been built but utilized only on a minimal basis. The facility at Thomson is not up to the

task in its current state and requires money from Congress before the necessary renovations can be performed.

Currently, the census at Guantanamo totals 196 remaining detainees with 110 detainees who have been approved for transfer to other nations. The facility represents an ongoing legal and political battle, and the President's agenda to close it

has met with countless roadblocks. For instance, the administration cannot legally move the detainees to the U.S. except for the sole purpose of putting them on trial. Michael Isikoff, an investigative journalist with Newsweek, explained this is "the result of a rider to a congressional appropriations bill passed overwhelmingly last spring and which expires September 30."

Life would be better for the American people if the detainees were to remain at Guantanamo.

Objections to lifting the anti-Gitmo rider appear to be bipartisan. Apart from the legal obstructions, a key issue that has been raised is that of National Security. Moving the detainees to Illinois does represent a certain degree of security risk and, therefore, warrants caution and careful consideration.

According to The Wall Street Journal, "the risk of escape from a military facility in the middle of nowhere is considerably less than from a prison in the American heartland."

For this reason, the detainees would receive better treatment remaining at Guantanamo than they would if they were to move to the correctional center in Thomson. In essence, the geographical location of the facility in Thomson would

> require greater security measures. Therefore, those concerned with the treatment of the detainees ought to push for their remaining in Cuba.

Many difficulties exist in making President Obama's plan a reality. My own opinion is that the risks posed to the American people make this move not worth the cost.

It would seem that life would be better for the American people if the detainees were to remain at Guantanamo. The project is at least a year behind schedule with some politicians questioning as to whether or not it will ever come to fruition.

The Luminary is...

Faculty Advisor: Candra Landers Editor-in-Chief: Megan Livingston

Editorial Staff: Sarah-Billy Aten, Lindsay Molen, Daniel Swihart Reporting Staff: Danny Allen, Jiryis Shaheen, Susan Wood, The

Squirrel

Photographer: Danial Monson-Bergum

Interested in joining our staff? Contact Megan Livingston or Candra Landers:

Megan: (309) 310-5205; mlivingston@lincolnchristian.edu Candra: ext. 2353; clanders@lincolnchristian.edu

Connecting LCU students to each other, to the church, to the world

Share your views

Letters to the editor can be sent to Megan Livingston or Candra Landers. Letters should be no more than 200 words and submitted electronically. The Luminary reserves discretion in what will be published and will edit as necessary for grammar and inaproppriate content.

Today - Ben Trumbull

Find

Remember that today is all you posses. Each of life's decisions, I do

profess, Are always made in a moment known as now. So consider them a sacred

For they will, do their master's bidding. They will come full circle, no

vow.

Stars

Erin Hookham

They were pinpricks; Stars! They danced beneath me,

As I glided gently by. Mini constellations: Small galaxies;

Holding the lives of so many.

Unfading in the night, Hidden in the day,

Unmoving,

Impassive, Yet comforting.

Look down from above,

And wonder what lives

below

What are the names Of each individual star? Lights in the distance; Pinpricks...

Stars...

matter how forbidding. A life is a story, yet untold. So hold fast and take hold. Concerning priorities do not wait.

Or it could, be too late. The past is comprised of many presents.

The whole essentially, being many segments.

It is these capsules or alimpses of time,

Which either assist or deter the climb

Yesterday is now gone, And Tomorrow has not reached its dawn.

So what will you do with today?

To display in grand array, Who you want to be in days to come

For now is part of the sum. Life is best lived intentionally.

Not simply conventionally. Take time to tell others you

Let them know that you are there.

In oneself have a little less pride,

And in humility reside. Upon putting your hand to the plow,

Work with diligence by the sweat of your brow.

Live a life of honor and good repute.

Not getting too caught up in your own pursuit. But looking also to the

needs of others, Sacrificing for friends and brothers.

Deeds not performed for man's empty praise,

For it is only a passing faze. But let your love be sincere. Willing to share a tear.

Remember that you entered this world without a thing,

> And when you leave it nothing you will bring.

On earth Pharaoh's and Kings built for themselves

monuments of stone. Whose towers have

crumbled and whose names are now unknown.

Don't live for the rich man's gold.

But seek his face to behold. Seek his kingdom and his glory.

Allow Him to enter into your story.

Remember without love, life is but a clock

Ticking until your death it may mock.

So live, laugh, labor and love, In a way which honors him above.

Seek to live a life without regret,

And that which matters most do not forget.

In your final days held in his embrace.

Enter into your home, solely dependent on his Grace. For there you will see him face to face.

Counseling

Corner

Winter got you feeling SAD?

Seasonal Affective Disorder: its causes and treatments

Editor's note: Everyone needs help now and then. This monthly column will be written by a member of our on-campus counseling center, with tips to handle the stress and sadness we all face. For more information, e-mail counseling@lincolnchristian.edu.

I was speaking to someone in my office the other day who was complaining of a severe lack of motivation. She was having great difficulty starting, focusing on, and completing her work for her classes

Now, I know that may describe many on this campus. I have been guilty of that sin that Dr. Castelein claims will reserve a spot in the deepest darkest recesses of hell for the offender's soul: Procrastination!

However, if that were the case with this young lady, it would seem to be a case of intermittent procrastination. You see, she had very little problems in completing assignments on time in either the fall or spring. As we looked over her academic record and spoke more about her past several years at Lincoln a clear pattern emerged.

She only struggled with her work during the months of November through March. As odd as this may seem, it is well accepted that some individuals suffer with what is known as Seasonal Affective Disorder (SAD). Recent estimates vary widely, but those published by the American Psychological Association estimate that between 1.5 and 9% of the American population experience SAD.

SAD may consist of the following symptoms: difficulty waking up in the morning, tendency to oversleep as well as to overeat (especially a craving for carbohydrates which leads to weight gain), a marked lack of energy, difficulty concentrating on completing tasks, and withdrawal from friends, family and social

Seasonal mood variations are thought to be related to light. One supportive argument for this view is the effectiveness of bright light therapy in treating SAD. Also in support of this hypothesis is the fact that in regions of the world where there is considerably less bright light, the prevalence of SAD is much higher. Consider, for instance, Arctic regions, such as Finland where the rate of SAD is 9.5%.

Fortunately, there things that individuals can do to improve their moods and counteract the effects of SAD in their lives. As a counselor, I never thought I would ever recommend tanning as a treatment for a

mood disorder, but according to the APA and in support of the light hypothesis, bright light therapy, including tanning beds, have been shown to be effective in empirical studies to improve moods in those diagnosed with SAD.

Also, the disorder can be treated nutritional supplements. Alfred J. Lewy of Oregon Health and Science University in Portland, and others, see the cause of SAD as a misalignment of the sleep/wake rhythms which occur naturally in the body. They suggest that a regiment of melatonin the afternoon (available over-the-counter) can help "reset" these rhythms.

Also, a lack of ultraviolet B can reduce vitamin D levels in the body which may also contribute to poor moods. And finally, Omega 3 fatty acids which are found in fish oil have • Michael Langley, BA, CADC

been shown in empirical studies to enhance moods.

For those readers who are interested. these nutritional supplements can be obtained at any local pharmacy or health food/ nutrition retailer. I have purchased Omega 3/Fatty Acids at my local Walgreens.

Of course, it is also helpful to have someone to talk to when you are suffering from the blues. And that's why the counseling center is here. If you're having trouble concentrating or getting work done, or if you just feel plain SAD, give us a call. We care about you and your ministry and want you to succeed. Let us help you do that!

Peace,

Michael

International

Tuesday night: A tasteful view of the world

Perhaps the most socially enjoyable part of LCU's International Focus Event is the Taste of the World. At this event, students can come to Henderson Hall tonight from 8:30 to 10:30 to sample food from several different countries. The fare will hail from places like India, Congo, Ireland, Haiti, and Israel. This year, the community jumped in, and popular local restaurants like First Wok and Don Ponchito's are donating ethnic foods.

Event coordinator Amanda Shaheen said, "I think what drives me to do this is that the world comes to us."

Ms. Shaheen has organized the Taste of the World event for the past four years and has earned both a B.A. and an M.A. in Intercultural Studies at LCU, illustrating her passion for cultures around the world.

She strives to ensure that this event remains the most sociable and enjoyable event of the day.

Couches from the dorms are brought in to Henderson, and carpets are spread on the floor to make the atmosphere more relaxed. Candles are lit, the lights are dimmed, and international music plays to set the tone for the evening. Here, cultures are shed at the door, and everyone is on a level playing field. Of course, in reality, there is no different culture, just different food.

"I could serve you Grandma's pancakes and call them Irish cakes and you wouldn't know the difference," Ms. Shaheen joked.

The free food will appeal to a great many students that enjoy Taste of the World each year, an event that has steadily been bringing in more and more people. Last year's Taste of the World brought in two hundred students.

"Free food is nice, of course," Ms. Shaheen recognized. "But I want students to come and appreciate culture, and love culture, not because they're studying missions, but because culture is an inevitable part of God's Kingdom work."



Chapel Speaker: Dr. Rob Gallagher



Returning for a second year of speaking for the International Focus Event is Dr. Robert Gallagher, professor of Intercultural Studies at Wheaton College and internationally renowned scholar.

Professor Rob Maupin, Intercultural Studies Dept., called the Australian scholar a "global entity" and added that LCU is privileged "to have a scholar of this status."

As one of the few modern scholars to focus on the role of the Holy Spirit in missions, Dr. Gallagher brings a different perspective than most LCU students are used to. He also specializes in cross-cultural leadership and Biblical foundations for missions.

Dr. Gallagher spoke today on what it takes to "reach:" intentionality and the leading of the Holy Spirit. Professor Maupin said that Dr. Gallagher "exemplifies that."

Professor Maupin added that he admires Dr. Gallagher not only for being a gifted speaker, but also because he leads a "disciplined life" on top of having several degrees, he also has a godly family life.

Workshop Guests: Alumni Johnny and Janelle Knox

Today, workshops are required in lieu of classes, and some students may feel less than inclined to attend. However, for alumni Janelle and Johnny Knox, workshops are an exciting reason to return to LCU.

The couple will be teaching a workshop called "I

Want to be an Astronaut When I Grow Up," which will focus on "the reality that our plans are not always God's plans," according to Janelle.

She added that, as former students, teaching a workshop is a little intimidating.

"We haven't been to the field yet...we don't have an abundance of experience to share," she said, which explains why they wanted to speak to students on a topic anyone could connect with, not just those planning to

go into cross-cultural ministry. According to Janelle, the past year for the couple has been filled with lessons from God about submitting to his plan, even when it was different from what they wanted. After they were married in May 2008, the Knoxes intended to stay in Lincoln for a while—but God had another plan in mind.



Janelle told the story about going to the National Missionary Convention that Fall with another couple,

where God seemed to be leading the four of them to the same organization. Excited about these possibilities, they moved to Florida for a training program. This experience confirmed Johnny and Janelle's involvement with this mission, and led them to a ministry location in

Southeast Asia—meaning they would not be working alongside their friends.

Although the plan had changed, Janelle emphasized that God's plan is always "much better."

The couple has been raising support since December, and planned to be in Asia a year from now. That is, until they got news that showed them God was again leading in a different direction: "We found out that I'm pregnant!" Janelle said, adding that this pushed back their timeline to getting on the field. The Knoxes are continuing to trust in God as they learn more about his plan and raise support to be full-time missionaries.



Wednesday Morning: Coffee House

Tomorrow at 9:30 am, IFE guests can head to the Warehouse for a cup of coffee and hear a panel of long-term missionaries answer tough questions about life overseas.

Intercultural Studies Professor Mike Nichols calls this coffeehouse "the dark side of missions," meaning that nothing about the questions or the answers will be sugar-coated.

"They will describe real experiences...about what is most difficult," Professor Nichols said, citing topics such as interpersonal conflict, sexual temptation, marital problems and raising kids on the mission field.

"We want to talk about problems and solutions."

He added that this coffeehouse is for anyone who has an interest in long-term missions—including those who would like to know how to better pray for and support missionaries.

Professor Nichols said that he chose the panel from all over the world, giving students the opportunity to hear a variety of experience, but all of the guests have been on the field for at least three years (some as long as 25 years) and know about the difficulties long-term missionaries face.

Those who attend the coffeehouse will have the opportunity to follow up with the panel, so Professor Nichols encourages everyone to "come with questions."





LCU STUDENTS KNOW

MISSION MART THRIFT STORE

IS THE BEST PLACE TO FIND NEW AND

GENTLY USED ITEMS LIKE:

ELECTRONICS FURNITURE KITCHENWARE CLOTHING TOYS HOME DECOR BOOKS GAMES SHOES JEWELRY











THIS COUPON GOOD FOR \$5 OFF A \$10 OR MORE PURCHASE THROUGH FEBRUARY FOR LCU STUDENTS AND STAFF.

MUST SHOW A VALID LCU ID. GOOD AT THE LINCOLN MISSION MART ONLY. ONE COUPON PER PERSON PLEASE.

open mon-sat 9-6

VISIT US ONLINE FOR OUR DAILY SALES CALENDAR WWW.MISSIONMART.ORG

Merds: not as weird as you think

Word From A Nerd

We are everywhere. You see us walking down the hallways and hanging out in the Warehouse. We are your friends. You eat with us in the cafeteria, and you talk with us about life's normal things. We blend in. If you didn't know we were one of "them," you would never guess. Who are we, you ask? We are the Nerds.

Now don't making any go stereotypical judgments about us; we aren't quite as strange as you might think. While we do enjoy talking about what we did the last time we played Dungeon & Dragons or what happened in our favorite video game, and while we will nonchalantly reference rolling a nat20 after something epic happened, we talk about normal things, I promise... Well, if you consider internet jokes and obscure game references "normal"...

Okay, I know what you're thinking, "A nerd could never be normal." Not so fast! We do normal things

too, take sports for example. On the rare occasion that we are actually watching a sport—other than a Halo tournament—sometimes we will understand what's going on... Or maybe you really will have to explain it to us. Well, our brains are better suited for different things, so maybe it wouldn't be that good of an idea to try to explain...

So we're not that great when it comes to sports, but we have other things that we are interested

in that most people would consider within the realm of normalcy. Music is rather common to all man, nerds are no

exception.

video game music alongside music from any other genre. To be honest, of all the nerds I know, myself included, we like a wide variety of music; you could probably find something you liked on our playlist. You never know, you may surprise yourself and join us in jamming to "Sandstorm."

Well, no matter your view of us, whether you truly think us normal or not, give us a chance to break

free of our nerd-dom and at least feel normal for a bit. It may take our eyes a while to adjust to sunlight, so just ignore our reaction to actually being outside and give us a chance. Just like you, we crave acceptance and we find it in virtual realties

where we can be whoever we want to be. That's why it's so important to show us that we are liked in this reality too. Here's a thought, next time you see a nerd, make sure they know that their guild request has been accepted, and you should hangout sometime.

Granted, if you take a look at our playlist, you might see

To: You Kno Who You Are From: Robert French

"I can show
you the
world..."

To: My friends - all of you! From: Sarah "Billy" Aten

ABBY, ALICIA, ANNA, BECKY, BRANDI, BRITTANY, BRIANNA, EASTON, ERIN, KI-ERSTEN, KATE, KATIE, KATRINA, LINDSAY, LEX, MARGO, MEGAN, MIRANDA, NIKKI, SHAYLA, SUSAN, SABRINA, SHANNON, RENEE, AND WHITNEY -

Happy Valentine's Day!

COLN CHRISTIAN UNIVERSITY Entertainment

What do we really know about our Provost?

By Susan Wood Reporter

As students of Lincoln Christian University, many of us are already familiar with the name and face of one Dr. Clay Ham, recently honored in chapel for his promotion to Provost. However, how well do we really know him?

As an integral member of the on-campus charter of the "Clay Ham fanclub," I recently endeavored to find out more of the background of our illustrious new member of the administrative faculty. Naturally, I was shocked and appalled when I discovered the dark, hidden truth of Clay Ham's past. It hurts deeply within this vaguely libelous reporter's soul to bring these painful allegations to light. It is my sworn duty, though, as a writer for a school newspaper, to report a scandal such as this one.

While virtually sifting through the history of Clay Ham via Vista, I managed to actually stumble across information of a shocking nature: during his time here, Dr. Ham has made frequent visits to Ft. Myers, Florida, and was reputed to be travelling to Orlando as well. These trips may seem innocent enough, and of course Dr. Ham claims to be a member on the Board of Directors for New Missions Systems International (located in Ft. Myers), however, Authorities and People Who Matter suspect that he may have ulterior motives for these visits.

"He's always complaining about the snow," a source who wished to remain anonymous confided. "With his

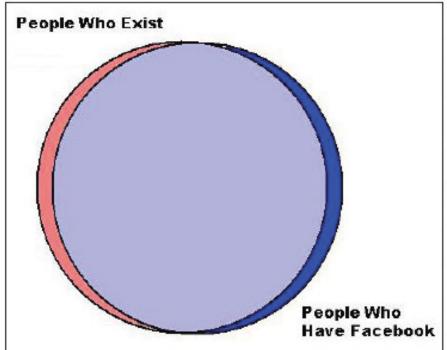


Figure 1

Friend or Fraud?



new position of power, I think he's trying to move our campus south."

Additionally, while Dr. Ham's face is one that is well known around the campus proper, it has recently come to the attention of his fanclub that there is, once again, something that sets our illustrious head honcho apart from all others in North America. Brace yourselves, folks...Clay Ham does not have a Facebook.

This high-profile site of social networking plays a central role in the lives of college students, and is right

> next to Wikipedia as a go-to for information. Take for example the fact that our culture dictates that one is single until proven otherwise on Facebook. It can then be said that, without a Facebook proving otherwise, one may not actually exist. (See Figure 1).

> Could Clay Ham, perhaps, be an illusory figment of the collective imagination of LCU? And if not, what is he hiding?

> In regards to the Facebook debacle, Clay Ham was not quoted as saying, "I have no idea what you're talking about; I think I'm a pretty stand up guy."

> Staring the cold, hard facts in the metaphorical eye, this reporter can only begin to wildly speculate further about our new Provost. With his oxygen siphoning revealed to all who can read (and are magnificent enough to read The Luminary), and his very existence in question, one can only wonder what the future has in store for Dr. Clay Ham.

American Dream lost and found for Sarah Palin

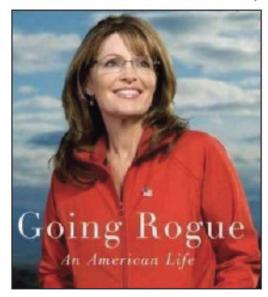


When scrutinizing a work of art, several things must be taken into consideration: the expertise and techniques used in producing the art, the message the artist is intending to send, the method of sending that message, the worldview of the person receiving that message via the work of art, and the interpretation thereof. Politically, I am a conservative. Religiously, I am a Christian. This may be why I enjoyed *Going Rogue* so much and continued to read it, despite several minor objections.

Former Alaskan governor Sarah Palin has recently published an autobiography, Going Rogue. This book begins with her birth in Idaho and follows events in Palin's life all the way to her resigning from her position as Alaskan governor. The writing style flips forwards and backwards in her life as she describes a specific event from her childhood that shaped her politics in the future. The story of Sarah Palin speaks to middle America so well: Work hard, stand by your morals no matter how

great the pressure, and all things will work out for the greater good in the end. These characteristics of Sarah Palin form the traditional American values, values that have since been lost to postmodern ideology.

As a conservative Christian, I think the world of Sarah Palin;



many conservative Christians do the same because of her morals and standings on issues such as abortion. However, reading the book challenged me because of the formatting and flipping forwards and backwards throughout Sarah Palin's life. I disliked the book at first because of the confusing way the chapters organized Palin's life.

The New York Times online described Going Rogue as erratic, which would fit how I found the chapters and formatting. The Times enjoyed how Palin's commentary on the 2008 electoral campaign focused on the weaknesses of McCain's campaign, and mentioned fairly little about the opponents' campaign. They also praised Palin for taking upon herself her own fair share in the campaign. The first time going through the book, I didn't really pay attention to the commentary on the election. But reading it a second time, I picked up on her objective critique of the McCain campaign, and it impressed upon me a careful respect for the opposition.

So much about Sarah Palin's life seemed revolutionary during the campaign. To someone who's lived in central Illinois all her life and is used to deer hunting, Palin's autobiography didn't shock me too greatly.

However, Palin did explain in the book why her life shocked so many people in the continental United States, and the flashbacks and flashforwards provided great insight into how she ran her end of the campaign and into the woman that she is in office and out of office.

To: Sabrina Owens From: Barton Shaw

Remember that one time at lunch...

To: Alexis M. Smith From: Gilbert

May you recieve as much love as you give love

Sports

Finding joy and worship on the hardwood

By Davis Hodam Reporter

A prominent Christian pastor once stated that "the joy is in the journey" when referring to the memories we can create while going through a difficult season of life. The Lady Red Lions have found themselves in the midst of a difficult season of basketball, but they are refusing to consider any other option than finding the joy in each experience they encounter.

The LCU women's basketball team is led by ninth year coach, Amanda

and junior captain, Kim (Kersey) Harden. The Arcola native is arguably having the best season of her LCU career averaging 11.3 points and 6.5 rebounds per contest.

The Lady Red Lions have not won a game yet this season, but one bright spot thus far has been the play of Junior Sheena Cooper. The 6'1" center is off to a tremendous start, averaging 12.5 points and 12.7 rebounds per game.

Coach Bowman recognizes her team has much potential for growth because of their youth and relative inexperience. There are no seniors on the team and two of the girls are playing in their first season of competitive basketball.

However, Bowman believes the women of the team are committed to improving as the season progresses.

"We're working victories we experience in each game," Coach Bowman said.

If the Lady Red Lions can develop a habit of finding these small victories, progress will continue for the Lincoln squad as they find the joy in the journey to growth on and off the court.

Senior co-captain of the men's basketball team, Jon Wallace, said that the heartbeat of his team right now could be summed up with one word: "worship."

When considering the Red Lions

have won seven out of their last eight games and hold a record of 13-6, "Big Jon's" answer becomes even more impressive. This response proves he understands that basketball can and should be about much more than winning and losing games, even to the ultimate point where a team's focus is to worship their Creator and King through their play.

The Red Lions have been playing great basketball this season, and they are showing no signs of slowing down their quality of play.

> With recent wins over two SLIAC (St. Louis Intercollegiate Athletic Conference) teams, Fontbonne and Principia, LCU preparing themselves for a shot at a Regional Tournament Championship second straight appearance in the National Christian College Tournament in March.

> Led by solid post play and deadly three-point shooting, the men of Lincoln do not back down from anyone. With a record of 8-4 against Bible College teams and five victories over NCAA Division III and NAIA schools, the Red Lions look to continue their success in the win/ loss column and towards a long run in the end of the season tournaments.

even importantly, fans of the Red Lions can also be proud of the strides their team is making towards "true worship" of our King.



find the joy in the small Co-captain Jon 'big Jon' Wallace(10) said his team's heartbeat is worship