

## Lustre Christian High School

# The TUMBLEWEED

### How To Deal with Depression by Sally Arai

Lustre Christian High School welcomed Mrs. Trisha Reddig on November 17<sup>th</sup> to lead Chapel. She spoke on suicide and depression. Mrs. Reddig started by letting three students set up the tents blindfolded and letting one student give them instructions. This demonstrated how important it is to trust. Mrs. Reddig said she has struggled with trust issues. She talked about how we all have different stories, and this is some of her life story.

Mrs. Reddig was raised in a Catholic church and was saved between the ages of 12 to 14. She had a high involvement in daily drugs and drinking. During this time, she was very depressed, leading her to cut her wrists and take pills. After all this, she came to Lustre and caused trouble with her parents, teachers, and dorm parents. One day she was sitting in her dorm room, isolated and alone with no one around. She had been planning to take

her life, but at that moment, her plans changed. Mrs. Reddig said, "I could not bring myself to do it; in other words, I chickened out." As time went on, she thought about how if you kill yourself, it is a definite ending, and there is no

coming back from it. In the end, if you commit suicide, it doesn't end the pain. In fact, it transfers the pain to someone else. She thought of the verse John 10:8-10, which says that Satan can kill us. The depression that drove her to cut herself caused breakups or fights with her parents. Satan will try to engrain your thoughts with "You're not

good enough." Philippians 4:8-9 says, "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy think of such things, whatever you have learned or received or heard from me, or seen in me put into practice, And the God of peace will be with you."



#### Inside this issue:

Chapel	1
Sport and Activities	2
Chapel Creating a career	3
Dorm Life	4
Classifieds	5
Calendar	6

She said that now, even though she is happily married to Bill Reddig, she still struggled at first with depression but got on some depression-relieving medications. Mrs. Reddig stated, "You need to take care of your mental health. Do Bible study and have time with God. Remember

that God is our comfort and our refuge, find people that you can trust, and know that you are loved, special, and worthy of life." Mrs. Reddig also stated we need to filter our words. You never know what point of life the person you're talking to is in. We would like to thank Mrs. Reddig that she led Chapel and that it will help someone in the future.



**"And everyone who calls  
on the name of the Lord will be saved ." Acts 2:21**



## Coaching the Lustre Boys By Braden Ewing

It has always been a goal for Coach Randy Reddig and the Lustre Christian Lions men's basketball team to make it to state and win a championship. Neither the girl nor boys basketball teams have made it to the Class C state tournament in Lustre history, but if there were a year to do it, it would be this year. There is endless talent on this year's varsity roster, including some new faces that will most definitely aid the team in accomplishing this year's goals. There are also a lot of new faces on the JV (Junior Varsity) squad, including some 8<sup>th</sup> graders that had just finished their undefeated season. There are three returning starters from

last year's varsity squad. The Lustre Lions hope to go undefeated this year and add some more banners to the gym wall. Coach Reddig says that there is just as much potential on this year's roster as there was last year, if not more. He is excited to see where the team

can go and the improvements that they have made in the off-season, and also to see some of the new guys in action.



## Sports Physical By Gabriel Alves



Thursday the 10th was a big day for us athletes. We have been looking forward to basketball season; without a sports physical, we cannot play. With the help and generosity of Susan Fast, Megan Fast, and Jen Hoversland, the work was done quickly and precisely. The appointments started at 3 pm, and while my appointment was at 5 pm, I was called in around 4:25 pm. The process was clear, they needed to check blood pressure, weight,

height, and eyesight, and thankfully I do not need glasses. The staff was very helpful and organized.

We would like to thank Mrs. Hoversland because she took personal time to come and do our physicals, which is only \$20, but the special thing is that she takes that money and donates it to the school. We got all the athletes to do the sports physical, and we are now ready to go forward to our exciting basketball season.





## Chapel with Mr. Matthyser By Jasiah Hambira

Our students at LCHS were blessed by Sarel Matthyser in Chapel. Mr. Matthyser teaches computer and also runs the Tumbleweed. This is his first year at LCHS, and we are extremely lucky to have him here. He started by giving us a bit of his testimony and touched on how he lived in a rough neighborhood. He was surrounded by drugs, alcohol, and just a lot of negative influences. He gave us an apple and told us to smack and bruise it as well as we could. After doing so, a lot of the apples looked mushy and disgusting. Mr. Matthyser told us the apple represents us and the bruises were the world's hits. Mr. Matthyser said the world would smack us around and hurt us, but we can use the pain to help us draw



closer to God. He informed us to ensure we show the Spirit's Fruits in ourselves. And he also said to make sure we use our words to show kindness, make others feel good, and not tease and bring others down. Lastly, he played a song for us, "Confidence" by Sanctus Real. The point of the song is to remind us to draw closer to God when we do not feel strong enough on our own. As a student body, we were thankful to hear Mr. Matthyser's words of encouragement and hope we can hear from him again soon.

## Youtube as a career? By Elijah Lenihan

Over the past few decades, the internet has taken the world by storm. Billions of people all over the planet are on it at any given time. With this enormous market, platforms like YouTube have sprung up to entertain those people through videos. As the years have passed, YouTube has become a much more respectable and plausible career path than it was in its infancy. Gaming is YouTube's second most popular category, trailing behind music, and has been the start of many successful careers. "Why would anyone want to watch someone else play a game?" I hear this question a lot. It is more about watching the creator of the videos than the game itself. YouTube creators are entertainers and storytellers at heart, just like a comedian or an actor. Creators tell a story with every video they upload, and I think this is the reason



why people love it so much. On average, 60% of everything we say is related to storytelling. This makes so much sense when we relate that to YouTube. Being a creator myself has taught me a lot as well. With a ton of research and trial and error, I have realized just how much storytelling plays a role in our lives. A meaningful story can shape and mold you into a different person. A simple story has the power to change your outlook on life. If you want an example, I see no better story than that of Jesus Christ. God made humans to be storytellers, and you're reading this article proves that point. We all love a good story, and this is what YouTube is to me; a platform where you are only limited by your imagination. Now sit back, relax, and watch as the story unfolds.

## How to deal being far from home By Alexandar Chen

As a dorm student from Taiwan, it is difficult for me to return home. The only time I can go back and spend time with my family is during summer break. Being far away from home is not easy to deal with, but you can contact your parents more often

and try to enjoy the life far away from home. In my sophomore year, I remember I missed my home so much at the beginning of the semester, but after that, I tried to focus on my studies and do stuff that

*(Continued on page 4)*

### Getting to Know Layla by Mana Okamoto

This year, LCHS welcomed more international students from all over the world. One of them was Layla Quiroz, who is from California. She told me that there are many fun places to visit over there like Amusement parks and tourist places like Los Angeles and San Diego.

I could imagine Lustre must be a different environment for her, so I asked her, "How do you like Lustre so far?" Then she said, "I love Lustre. I feel like I am where I need to be." She also told me that she was planning to come here last year, but it didn't turn



out that way, so she was glad to come here this year. I also asked her what she likes to do in her free time. She said, "Cleaning, doing homework, going to the gym, or watching TikTok." Speaking about the gym, she likes to play volleyball, and she likes watching football and basketball. Peyton Manning (football player) and Ja Morant (basketball player) are her favorite players. She also told me her goal for this year is to keep her grades up and try to be the best version of herself.

Finally, I asked her what her favorite verse was. It was Romans 8:18, "The pain that you have been feeling cannot compare to the joy that is coming." Layla is such a nice and sweet person. If you see Layla, make sure to say hi to her!

### Life in the Dorm By Bryan Chen

Speaking of Lustre Christian High School, you won't come to school without noticing that there are many students from different places. And the reason why this will happen is because of the contribution of the community.

The dormitory won't exist without the help of the local people. As a member of the dorm, I am responsible for showing you its greatness. On the weekdays, all of the dorm students have a devotion with Mr. Bernie in the school cafeteria and have a wonderful breakfast made by Ms. Torri. After the delicious breakfast, whoever is responsible for the dishes must stay and clean up. The rest of us can have a short free time to get ready for school. In school, we try hard in academics and also have a great time with teachers and



friends. After school, we are free to do everything legal. Some people will play basketball in the gym, some will enjoy their afternoon snack, and some will study. At 6 o'clock, all of us need to gather in the cafeteria and have supper as a family. I would say it is the best part of the day. The day is not finished yet, sometimes, we will have an open gym afterward, or all of us will hang out in the gathering room and visit with each other. At 9 o'clock, we are required to turn in our phones. After that, we are on our own. On the weekend, despite the necessary schedule, like

meals, we are free to do whatever we want. Sometimes, people from the community hang out with us; it makes us feel more welcome as foreign students. The dormitory has become a place with an indelible memory for all of us.

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was good for my future because I knew there was a reason why God sent me here. I think the best way to deal with homesickness is to pray and call your parents. And you will realize that instead of complaining about not being able to go back home, it is better to enjoy what you have and focus on your future. Sometimes God won't give you what you

want. That is because He has a plan for you. Instead of complaining about the plan, God prepared for you, why not be humble and try to find out what God wants to tell you? As long as you keep trying on the things that God has given you, you will find out that God is working on your life. God and your parents always have your best interest at heart.

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5 - Dec - Anna Teichroew  
6 - Dec - Sarah Dahl  
8 - Dec - Abby Olfert  
22 - Dec - Andy Pounce-Curl  
6 - Jan - Cassidy Grider

### **LCHS Calendar**

Nov 23 - 25	Thanksgiving Break - No School
Dec 2 - 3	BBB/GBB - Glasgow Invite - Glasgow
Dec 8	7:00 pm - Christmas Concert
Dec 9 - 10	BBB/GBB - Scobey Invite - Scobey
Dec 14	All School Caroling
Dec 16	BBB/GBB - 4:30 pm (H) Nashua
Dec 17	BBB/GBB - 2:30 pm (A) Culbertson
Dec 20	End of 1st Semester - Early Dismissal - 2:30 pm
Dec 20	BBB/GBB - 4:30 pm (A) Scobey
Dec 21	Christmas / Winter Break begins
Jan 5	BBB/GBB - 3:00 pm (H) Bainville
Jan 7	BBB/GBB - 5:00 pm (A) Frazer





Lustre  
Christian  
High School

*Lunch Menu  
& Activities:*

**DECEMBER:**

2-3 - BBB/GBB -  
Glasgow Invite -  
Glasgow

8 - Christmas Concert  
- 7:00 pm

9-10 - BBB/GBB -  
Scoobey Invite -  
Scoobey

14 - All School Carol-  
ing

16 - BBB/GBB - 4:30  
pm (H) Nashua

17 - BBB/GBB - 2:30  
pm (A) Culbertson

19 - BBB/GBB - 4:30  
pm (H) Bainville


20 - End of 1st Se-  
mester

- Early Dismissal -  
2:30 pm

- BBB/GBB - 4:30  
pm (A) Scoobey

21 - Christmas / Win-  
ter Break begins

# December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Chili Dogs	2 Curry Chicken	3
4	5 Cheeseburgers	6 Taco Soup	7 Chicken Bowl	8 Tater Tot Casserole	9 Turkey Dinner	10
11	12 Sloppy Joes	13 Nachos	14 Mac & Cheese	15 Hamburgers	16 Pizza	17
18	19 Pulled Pork	20 Chicken Noodle Soup	21 <b>Christmas / Winter Break - No School</b>	22	23	24
25 Christmas 	26	27	28	29	30	31