

# Lustre Christian High School

## Joyful Duty: Embracing Self-Control as Virtuous By: Mitchella Rosidor

On Thursday the 30<sup>th</sup> of November Mr. Cattell presented his chapel, and it was focused on exercising self-control. He began his chapel with a very interesting self-control demonstration from the teachers. Following the performance, Mr. Catell defined self-control and asked the audience to do the same. He clarified that self-control and self-discipline can be acquired together but are two distinct concepts. He then explained to the audience that we are all on a self-control journey and encouraged everyone to push themselves because even though developing self-



relationships. Without self-control, we become reckless and self-destructive, chasing after fleeting pleasures and losing the capacity to postpone gratification. He

explained that self-control is crucial because we always deal with competing interests within ourselves.

Our brains are wired for instant gratification, yet we desire a healthy life and relationship. Mr. Cattell demonstrates how God is concerned about our capacity for self-control since it affects our relationships and general well-being. "A lack of self-control resulted in an injury to Byron," Mr. Cattell pointed out

from the Tuesday game as an example of a lack of self-control. Byron got frustrated with his play and reacted, which cost him when he struck the padded wall. He referred to the Grand Canyon University weekly devotional from 2016, in which he quoted, "The ability to exercise self-control influences our decisions and is necessary to show other qualities in our lives, such as patience or forbearance. It also helps in resisting temptation and avoiding conforming to worldly norms. Our sinful nature causes us to lose our temper, but we are expected to be patient and overcome this."

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**“Carry each other’s burdens, and in this way, you will fulfill the law of Christ .”  
Galatians 6:2**

## Lions vs. Thunders By Terran Joseph

December 1<sup>st</sup> was the start of the new basketball season. This started with a class C Tournament in Glasgow. The Lustre Lions embarked on a journey to Glasgow for the opening showcase. The boys were taking on Mondak Thunder for the night's last game. With a strong crowd, the boys started off the game strong, going on an 8-0 run in the starting minutes of the first quarter. Building on the excitement, a fast



break contact dunk from Johnslée Pierre stunned the crowd. As Lustre ran away with the game in the first half, with Cayden Klatt and others raining threes, they finished the first half with a score of 50-9. Going into the 2<sup>nd</sup> half, they didn't let up, attacking from all angles on defense and offense. With a fantastic game from both sides of the court, the Lustre boys finished the game with a score of 78-18, adding the first W to the win column.



## Lady Lions Tip-off in Glasgow By Grace Brown

On Friday, December 1, the Lady Lions traveled to Glasgow, Montana, to start their basketball season. They were scheduled to play the Mondak Lady Thunder and were ready to give everything and hopefully come out with a win. They started hot, outscoring the Thunder 14 to 8 in the first quarter.

The second quarter wasn't as impressive, but the Lions still outscored them 16 to 12. During this second quarter, the Lady Lions came out with a tough man-to-man press that stunned the Lady Thunder.



The Lady Lions got several steals off the press and immediately saw the benefit. They ended up winning the game 55 to 33.

This game was very impressive, and it was very nice to have subs come in and play when someone would get too tired. Grace Brown was the highest scorer of the game with 13 points, but she was closely followed by Kencia Brown and Aubri Holzrichter, each with 10 points. The girls played well and came out strong, especially for it being their first game. We look forward to seeing what the rest of the year will look like for the girl's team!





## Glasgow Showcase against Terry By Ife Aniobi

On the second of December, the Lions boys' basketball team took on the Terry Terriers in their second matchup of the 2023/24 Glasgow showcase. The Lions were coming off a big win against Mondak the night before, having beaten the Thunders 78-18, and were very confident coming into the game. It was a bit of a slow start, according to Coach Randy, but the boys were up 8-0 in the first half of the first quarter. Throughout the game, the Lions built up a slow but steady lead, and by the start of the fourth quarter, the Lions led by 33 points, with the score stand-



ing at 52-19. The final score ended up being 68-25, and the Lions emerged victorious once again. It was an excellent weekend for our boys' basketball team, and we look forward to our games at Scobey this weekend.



Thank you all for showing up and

## Lady Lions vs Terriers by Cassidy Grider

Saturday, December 2<sup>nd</sup>, was the second day of basketball tournaments for the start of Lustre's basketball season. After dominating against Mondak, the girls started slowly against the Terry Terriers, as they were probably tired from playing so well against Mondak. After the first quarter, though, we came to play. One of our eighth graders, Kencia Brown, scored twenty-two points for our team! Alexa Reddig also did well, scoring thirteen points for the Lady Lions. Unfortunately, though, she ended



up fouling out in the fourth quarter. After an inspiring second half, the Lady Lions won with a score of 57-33.

It is exhilarating to watch our girls play this year! I think they will go very far this season! Watch our girls play again this weekend in Scobey! We appreciate everyone's support!

**Let's Go Lions!!!**

To a great season ahead. Continue to Show respect to your opponents and shine God's light where every you go.

*(Continued from page 1)*

Mr. Cattell then began discussing a few biblical precepts related to self-control. Citing Galatians 5:22-23, where Paul discusses the fruit of the Spirit, Mr. Cattell explained that self-control is a quality of the Spirit and comes from God's power as we submit to him rather than being self-sufficient. Furthermore, Mr. Cattell clarified that with the Holy Spirit inside us, we can possess self-control and demonstrate the fruit of the Spirit. As a result, we can live in an honorable way to God.

Mr. Cattell then used 1 Corinthians 9:25-27 to illustrate the self-control you need, emphasizing that you should train for any sport you wish to excel in, including weightlifting, volleyball, football, basketball, track, and martial arts. The Bible describes the intentionality required to practice self-control with images of training, discipline, winning a fight, and self-denial. We must be deliberate in our actions, focusing on becoming more like Christ rather than following laws and legalism. Growth in Spirit

and morality are essential to God.

Mr. Cattell asked his audience members what particular urges or behaviors they find difficult to control. Identify your conflict. Humans must learn to make wise decisions based on God's principles rather than merely altering our feelings. Take responsibility. Make sure your decisions are time-bound, relevant, quantifiable, attainable, and specific. Determine your triggers in advance- people or places that reduce inhibition. Establish boundaries. Change old behavior with new, nourishing habits. Engagement is necessary for self-control.

Mr. Cattell's chapel on Embracing Self-Control serves as a reminder for all individuals that God loves us immensely in the middle of all our battles. He is patient and merciful. He is invested in our transformation. He would not have sent Jesus to earth to show us the way if he wasn't. Jesus exhibited immense self-control throughout his life, most notably the temptations in the wilderness.

## Ms. Dela Cruz Chapel By Gabe Sapp

Ms. Dela Cruz's Chapel was on November 16<sup>th</sup>. She spoke on the topic of what you can give to God if God has everything. In a world where material possessions dominate our daily lives, have you ever imagined what we can give to God, who has everything? From a Christian perspective, the answer lies not in material wealth but in the intangible offerings of our hearts, devotion, and service. Ms. Dela Cruz said that the biggest thing we could give to God is no earthly thing but something greater: ourselves. You give yourself to God by giving God your time and remembering Him in every decision you make. Another great thing Ms. Dela Cruz said to give to God is prayer. Through prayer, we communicate

and develop a personal relationship with our God. It allows us to express our gratitude and seek guidance. The last thing she said to give to the Lord is commitment. The Lord desires our commitment, and we give it by devoting our time to him. Ms. Dela Cruz said that if you can do all these things, you can have a really good relationship with the Lord.



## Getting to Know Jacob Rigby By Eyosias Ayalew

This year, we had a new kid named Jacob, and I had the opportunity to interview him. Jacob Andrew Rigby is his full name. He is a 15-year-old and was born on August 27, 2008. I asked him why he decided to come to Lustre and what he thought Lustre would be like; he responded by saying that his parents had sent him to Lustre. He was happy back home, but he had no choice; now he feels like it was a good decision that he came. He thought Lustre would be a big school, but little did he know.

I asked him how he felt about basketball since it is a big thing for Lustre, and he responded by saying, "I want to be part of it." I asked him about his favorite food, and he responded with fried chick-



en, watermelon, and Kool-Aid. Lastly, I asked him where he sees himself in 5 years, and he easily responded by saying in college. He told me that he was a Christian under the Baptist denomination and used to go to church every Sunday. His favorite thing to do is fish, and sharks are his favorite animal. We are excited to have him at Lustre. He seems like a person you can talk to, so say hi when you see him.

**Running low on Schmeckfest sausage  
as you're making those delicious fall meals?  
There is still sausage available!  
Call or text Sarah Brown  
406 392-7301**

**Found:  
Reading glasses in the LCHS kitchen. To claim, call or  
collect at the LCHS Office. (406) 392-5735.**



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Lustre, MT 59225  
Phone: 406-392-5735  
Fax: 406-392-5765  
E-mail: lchs@nemont.net



Check us out at:  
[www.lustrechristian.org](http://www.lustrechristian.org)  
[www.facebook.com/lustrechristianhighschool/](https://www.facebook.com/lustrechristianhighschool/)

## LCHS Calendar

### December

8 - 9	BBB/GBB (A) Scobey Tournament
13	All School Caroling—Glasgow / Wolf Point
15	BBB/GBB - (A) Nashua
18	BBB/GBB - (H) Frazer
19	End of 1st Semester
19	BBB/GBB - (A) Bainville
20 Dec - 3 Jan	Christmas / Winer Break



For a child is born to us,  
a son is given to us.  
The government will rest on his shoulders.  
And he will be called:  
Wonderful Counselor,  
Mighty God, Everlasting Father,  
Prince of Peace.  
-Isaiah 9:6

8 Dec	Abby Olfert
17 Dec	Layla Quiroz
22 Dec	Andy Ponce-Curl
29 Dec	Lauryn Holzrichter

Lustre  
Christian  
High School

**Lunch Menu  
& Activities:**

**November:**

22-24 - Thanksgiving - No  
School

**December:**

1-2 BBB/GBB - Glasgow -  
Class C Showcase

7 - LCHS /LGS Christmas  
Program 6:00 p.m

8-9 BBB/GBB - (A) Scobey

13 - All School Caroling -  
Glasgow / Wolf Point

15 - BBB/GBB - (A) Nashua

18 - BBB/GBB - (H) Frazer

19 - End of 1st Semester

19 - BBB/GBB - (A) Bainville

# DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Chili Cheese Fries	
3	4	5	6	7	8	9
	Corn Dogs	Biscuits & Gravy	Sloppy Joes	Chicken Tacos	Pizza	
10	11	12	13	14	15	16
	Chicken Burgers	Curry Chicken	Hot Dogs	Hmb Gravy & Mashed Potatoes	Pulled Pork Sandwiches	
17	18	19	20	21	22	23
	Nachos	Chicken Nuggets		No School		
24	25	26	27	28	29	30
	Christmas	Christmas Break				
31	1	2	3	4	5	6
	New Year's Day					