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Minnesota Association of Christian Schools

Trusting the Lord

by Katie Russell, Student @ Heritage Christian School, Karlstad

Katie Russell is a student-athlete at Heritage Christian School in Karlstad, Minnesota. After multiple health issues forced her to sit out of athletics for the 2017-2018 season, Katie shares her story and testimony of how she learned how to trust the Lord through it all. This year, Katie led her Patriot team to a 3rd place finish and was voted, by the MACS coaches, as an All-Conference first team player.



Last year, I wrestled with three major medical issues, and I'm still going through some struggles. There were times I did not understand why this was happening to me. I went through a lot of pain and there were many tears shed. Due to health issues, I had to miss out on many different events. Even though it was tough, I always had the Lord by my side. Proverbs 3:5-6 *"Trust in the Lord with all your heart; and lean not on your own understanding. In all your ways, acknowledge Him and he will direct your path."* These verses were a huge help to me through those rough times, and still are.

In March of 2017, I got very sick. It started out with feeling tired all the time. I would sleep all day if I could. I had just thought that I was tired from college coursework and staying up at night doing homework and studying. Then at school one day, I was not feeling well. I came home and took my temperature. It was

100.5, so it wasn't a high fever, but it was still a fever that made me feel under the weather. It went away that night, but I woke up in the morning with another fever. I didn't go to school that day because the fever had risen, and I was not feeling well enough to go. My temperature was now at 101.3. Throughout the day, the fever would come and go and I was nauseous as well. I threw up a couple times during the day, so my mom figured I had gotten the stomach flu that was going around. That night, my parents were going to get some siding from a house in Lancaster, Minnesota. I did not want to be home alone while I was sick, so I went with them. While they were taking off the siding, I was lying in the back seat of the truck. As I was lying there, my head was pounding, my hands and feet had a burning numbness feeling, and I felt super cold. I yelled for my mom to see if she had any ibuprofen. She came running over and asked what was wrong. I told her how I was feeling, and she felt my forehead to see if I had a fever. I was burning up. My mom had never felt someone so hot! She instantly gave me some ibuprofen and told me she had to bring me to the hospital. She told my dad that she was going to take me to the hospital in Hallock, Minnesota. My dad decided to stay at the house in Lancaster, thinking I wouldn't be in the hospital that long. We got to the hospital and the nurses got me all checked in. They checked my temperature, and it was so high it didn't even register. The nurse got me some cold packs right away and some more

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ibuprofen. The doctor came in and they started doing different tests. They determined I was becoming septic but did not know what was causing it. Because it was a small hospital, they had told me I needed to go to a larger hospital that would give me the care I needed. So, I was airlifted to Fargo, North Dakota. I had gotten all settled in to Sanford hospital, and they started to do a lot more tests. After being there for two days, they figured out what had caused me to go septic. I had Toxic Shock Syndrome. Toxic Shock Syndrome (TSS) is caused from tampons. There are chemicals in tampons, so when left in too long, your body absorbs the chemicals which is not good for your body. Once they figured out what I had, they gave me the right antibiotics. I was there for a week, just to make sure the antibiotics worked and that I was going to be okay.

It was a hard time while I was in the hospital. Not only for me, but my family also. I shed many tears as they had to poke me many times with IV's. I had an IV in each arm that had to be regularly switched out. I had bruises all over from the IV's, and I was in pain from the TSS. During the time I was in the hospital, I also missed out on school. Even though this time was hard to go through, I had the Lord with me through it all. The doctors told me if I hadn't gone in the day that I did, I wouldn't have made it. I believe the Lord was the One who directed me to get the help I needed. While I was in the hospital, I kept saying Proverbs 3:5-6 in my head. Instead of being scared, I felt peace and God's arms around me. I wasn't scared of the thought of dying because I knew that if I did, I would get to be up in Heaven with my Lord and Savior. The Lord spared my life and showed me that He had other plans for me before it was my time to go. For missing out on all the days of school while I was at the hospital, the Lord blessed me with some great teachers. They were very understanding and helped me catch up on all the work I missed. It was test week, and they let me take the tests when I was ready. The Lord worked everything out!

In February of 2018, I found out that I had hip dysplasia in both of my hips. So, July 16th, I had my first surgery done on my left hip. Eight weeks later, on September 7th, I had surgery done on my right hip. For these surgeries, the surgeon had to go in and shave the ball of my joints, so that it would fit in my socket correctly. I had to go through therapy for both hips, and

I am still doing therapy. Because of my surgeries, I have missed out on different events. At our family reunion, I couldn't participate in any of the water activities or the yard games because I was on crutches. Soccer and volleyball started in August, and I had to sit out of both seasons. This was hard for me, because I have played sports since I was in third grade. I kept wondering why God would do this to me. As the days went on, I understood why God had put this challenge in my life. At therapy, I had the privilege to be a witness to the therapists that helped me. In my college courses, my studies kept getting harder, and God knew that I would need more time to complete the work. In volleyball, I was the setter of the team. Not being able to play gave the opportunity for another one of my great friends to be able to be the setter for the team. This made me so



happy as she got to be one of the star players. Even though I had to miss out on some things, God blessed in other ways, and I have had multiple opportunities to share the Gospel.

On Thursday, November 1st, I was at therapy and blacked out. After that, I had a terrible migraine and it wouldn't go away. Friday, while I was sitting in class, I got a terrible pain behind my left eye. I still had a terrible migraine, so I went into the clinic to get everything checked out just to be safe. I had all the signs of a migraine headache, so the doctor prescribed me some extra strength medication. Just to be safe, he ordered an MRI. A week later, on Friday the 9th, the clinic called my mom to have me come in for my results. They asked my parents to come in also. So, my parents and I went to the clinic. The doctor came in and told us that I had a tumor on the right side of my brain. They thought it was benign, but they would not know for sure

(Trusting the Lord, continued from page 2)

until they were able to do more testing. While surgery may be in my future, Proverbs 3:5-6 continues to come to mind. The first word of the verse is "Trust." While not knowing what is going to happen, I am going to trust in the Lord because my life is in his hands. He has a plan for me and He is in control. It may not seem like it, but God has blessed me with an extraordinary life.

God has allowed things to happen in my life that I do not understand, but I do know it is for a reason. Someday I may be able to share my life story with someone and help them get through their rough times. Going through all of this has made me stronger. It has also made me grow a lot closer to the Lord and trust in Him more. God never puts a challenge in your life that you cannot handle. And through the hard times, He also will bless you in many ways. Like Jordan Riley said, "God's name is 'I AM', not 'I WAS', or 'I MAY BE', or 'I MAY GET TO IT' ... He is in control. Always has been, always will be." ■



Important Reminders 2018–19 AACCS Achievement Testing Program

The **AACCS Testing Window** opens on March 18 and runs through April 26, 2019. All answer documents must be returned to the AACCS office by May 15, 2019. Orders received after the May 15 deadline will incur a late fee.

Please note the new AACCS address:
6170 Shallowford Road
Suite 103
Chattanooga, TN 37421

Use the **2018–19 Scoring Services Order Form** to order scoring services when answer documents are sent back to AACCS for scanning.



BJU Press Discount for AACCS Schools



AACCS membership bonus: BJU Press offers a discount to AACCS member schools! AACCS member schools receive an additional discount of as much as 10% off the BJU Press Christian School Catalog textbook price list on their qualifying BJU Press purchases for orders received during the BJU Press early order discount window (orders over \$1,000 placed between April 1 and May 30, 2019). The discount includes a 5% early order discount *plus* an additional 5% AACCS member school discount. AACCS member schools receive a 5% AACCS discount above the regular wholesale price on all other BJU Press textbook orders at other times.

Take advantage of the full 10% discount opportunity by ordering during the early order discount window! AACCS schools will receive the 5% AACCS member discount automatically with your textbook order. The discount is a benefit of your AACCS membership and is provided by BJU Press because of the shared commitment of AACCS and BJU Press to equipping the next generation of leaders with a biblical worldview and building academic success in all subject matters. You don't need to do anything additional with your order. AACCS member schools have been identified in the BJU Press database and may order through Precept Marketing or directly through BJU Press.

You can review BJU Press materials at <http://www.bjupress.com/>, as well as download a catalog.

MACS Speech and Bible Festival Results:

Category	School	Last Name	First	Score	Rating	Place
Choric Speaking	SFC			18.5	Superior	First
Choric Speaking	FBS			17	Excellent	Second
Declamation	FBC	Carlson	Nick	19.5	Superior	First
Declamation	FBC	Kolacz	Abby	19	Superior	Second
Declamation	FBC	Peterson	Claire	16.5	Excellent	Third
Dramatic Interpretation	SFC	Hendrickson	Abigail	20	Superior	First
Dramatic Interpretation	CLB	Neilson	Elena	19.5	Superior	Second
Dramatic Interpretation	CLB	Elliott	Seth	18.75	Superior	Third
Duet Acting	SFC	Nicholas/Swanson		19.5	Superior	First
Duet Acting	SFC	Brower/Brower		19	Superior	Second
Duet Acting	FBC	Feng/Goblirsch		15.5	Excellent	Third
Extemporaneous Speaking	FBS	Johnson	Tyler	19	Superior	First
Extemporaneous Speaking	FBC	Peal	Philip	15	Excellent	Second
Humorous Interpretation	FBS	Squillace	Tea	18.25	Superior	First
Humorous Interpretation	FBC	Morrell	Micah	17.25	Excellent	Second
Humorous Interpretation	CLB	Weber	Brandon	17	Excellent	Third
Oral Interp. of Poetry	CLB	Keck	Kaylee	20	Superior	First
Oral Interp. of Poetry	WBA	Welsch	Rebecca	18.75	Superior	Second
Oral Interp. of Poetry	CLB	Glover	Ethan	15.75	Excellent	Third
Oral Interp. of Scripture	WBA	Abraham	Onyi	19.75	Superior	First
Oral Interp. of Scripture	WBA	Manes	Evan	18	Superior	Second
Oral Interp. of Scripture	SFC	Swedeen	Micah	17	Excellent	Third
Original Persuasive	FBC	Cooley	Mark	13.5	Good	Second
Reader's Theater	SFC			19	Superior	First
Reader's Theater	WBA			16.5	Excellent	Second
Reader's Theater	LRC			15	Excellent	Third
One Act Play	WBA			17	Excellent	First
One Act Play	HCS			16	Excellent	Second
Category	School	Last Name	First	Score	Rating	Place
Bible Teaching	OCS	Greer	Lydia	17	Excellent	First
Evangelistic Preaching	WBA	Schoonover	Jackson	17	Excellent	First
Evangelistic Preaching	OCS	Piepho	Dietrich	13	Good	Second
Topical Preaching	FBS	Kisamore	Andrew	17	Excellent	First
Topical Preaching	WBA	Abraham	Onyi	16	Excellent	Second
Topical Preaching	FBS	Graves	Daniel	15.5	Excellent	Third
Puppets	WBA	Abraham/Abraham		19	Superior	First
Puppets	WBA	Schoonover/Mazura		18.25	Superior	Second
Puppets	FBS	Fruetel/Kisamore		18	Superior	Third
Spelling	WBA	Manes	Evan			First
Spelling	FBS	Fruetel	Nathaniel			Second
Spelling	OCS	Roberts	Emily			Third



Professional Development for Teachers and Administrators

Five sessions of training will be offered in 2019. Training will be presented in a webinar format using Adobe Connect. Teachers at any AACCS school with a computer and a broadband Internet connection may participate. The AACCS Adobe license limits us to 100 participating schools per class, with **one** connection at each school. Larger groups will require a display or digital projector and speakers. All training sessions are live (not recordings) and participants will interact with the instructor as they would in a virtual classroom or presentation. Each training session will include ten hours of interaction and will be eligible for ten contact hours of continuing education credit. The training sessions will meet from 11 AM to 4:30 PM EDT on two consecutive days. A teacher may repeat a class taken previously but **cannot** receive contact hour credit for a repeated class.

2019 AACCS Summer Professional Development Courses:		
Using G Suite for Education, Google Classroom, and Chromebooks Effectively		
Instructor:	Dr. David Warren	
Dates:	June 17–18	11 AM – 4:30 PM EDT
Lifting the Curtain on Dyslexia: Facts, Identification, and Strategies		
Instructor:	Mrs. Cindy Hall	
Dates:	June 20–21	11 AM – 4:30 PM EDT
School. . . Boring? Never!		
Instructor:	Mrs. Heidi Braughler	
Date:	June 24–25	11 AM – 4:30 PM EDT
Answers for Students: Equipping Students of All Ages to Defend Their Faith		
Instructor:	Mr. Bryan Osborne	
Dates:	June 27–28	11 AM – 4:30 PM EDT
Understanding and Effectively Using Standardized Achievement Tests		
Instructor:	Dr. Jeff Walton	
Dates:	July 15–16	11 AM – 4:30 PM EDT

Orton-Gillingham in the Classroom: A Multisensory Approach

Instructing and empowering tutors and general classroom educators in the fundamentals of Multisensory Instruction and the Orton-Gillingham approach for use with all students in classroom and tutorial settings.

July 8–July 11, 2019

This training is filling up quickly! Register today!

We are excited to offer Orton-Gillingham training again this summer! This thirty-hour, intensive course is designed to provide the basic knowledge and skills needed for structured, multisensory reading and spelling instruction vital to dyslexic students and beneficial to all learners in the general classroom setting. It is specifically designed for teachers who desire an understanding of dyslexia and how to use multisensory language techniques and principles for use in the general classroom and small groups.

Trainees will receive training manual, manipulatives, and resource books. Attendees will receive a certificate of Coursework Completion for Classroom Educator/Multisensory Literacy Instruction. Attendees may apply for an Academy of Orton-Gillingham Classroom Educator credential by completing a fifty-hour supervised practicum after completing the thirty-hour course and a ten-hour online subscriber level course. Those wishing to pursue the Classroom Educator credential must indicate so with their course registration.

Instructor: Cheryl Eller, Fellow—Academy of Orton-Gillingham Practitioners and Educators

Facilitator: Cindy Hall, Director—Dyslexia Center at Lindsay Lane Christian Academy

Cost: \$980—training, Campus View Apartment housing (shared room), and meals; \$700—training only
Non-refundable deposit of \$100 due with registration.

Class size is limited to thirty, so don't delay!

Go to aacs.org for more registration information.



MACS 2019 STATE BASKETBALL TOURNAMENT

BOYS:**Champions – St. Francis Patriots**2nd Place – First Baptist, Rosemount Crusaders3rd Place – Prior Lake Royals5th Place (Consolation) – Chisago Lakes Patriots**GIRLS:**

Champions – Fourth Baptist Lady Warriors

2nd Place – Chisago Lakes Lady Patriots3rd Place – Heritage Lady Patriots5th Place (Consolation) – St. Francis Lady Patriots**Boys All-Tournament Team:**

1. David Groulx—Fourth
2. Simon Allen—Prior Lake
3. David Fruetel—Rosemount
4. Noah McGuigan—Rosemount
5. Ryker Kloeckner—St. Francis
6. MVP—Lucas Barth—St. Francis

Girls All-Tournament Team:

1. Tina Harms—Owatonna
2. Katie Russell—Heritage
3. Kayleah Stephan—Chisago
4. Elena Neilson—Chisago
5. Morgan Stephens—Fourth
6. MVP—Joelle Webster—Fourth

MACS All-Tournament Girls Basketball Team: (L to R):
Joelle Webster, Morgan Stephens, Elaina Nielson,
Kayleah Stephan, Katie Russell, Tina Harms.



MACS All-Tournament Boys Basketball Team: (L to R):
Noah McGuigan; David Groulx, Simon Allen,
Ryker Kloeckner, Lucas Barth. (not pictured: David Fruetel)



MACS Basketball Boys Champions:
St. Francis Patriots



MACS Basketball Girls Champions:
Fourth Baptist Lady Warriors



MACS Basketball 2nd Place:
First Baptist, Rosemount Crusaders



MACS Basketball 2nd place:
Chisago Lakes Lady Patriots



All-Conference Selections



Boys First Team All-Conference

1. Ryker Kloeckner—St. Francis
2. Lucas Barth—St. Francis
3. Simon Allen—Prior Lake
4. Eli Richter—Lake Region
5. Mark Ababiy—Woodcrest
6. Daniel Graves—Rosemount

Boys Second Team All-Conference

1. Rylan Boldt—Owatonna
2. Josh Lathrop—Chisago
3. David Fruetel—Rosemount
4. David Groulx—Fourth
5. Evan Manes—Woodcrest
6. Micah Swedeen—St. Francis

Boys All-Conference Honorable Mention

1. Jonas Boelter—Lake Region
2. Seth Elliott—Chisago
3. Junior Covarrubias—Woodcrest
4. Max Klopp—Heritage
5. Tyler Johnson—Rosemount
6. Cole Buelow—Prior Lake

Girls First Team All-Conference

1. Joelle Webster—Fourth
2. Elena Neilson—Chisago
3. Katie Russell—Heritage
4. Hannah McGaffey—Lake Region
5. Marcale Palm—St. Francis
6. Morgan Stephens—Fourth

Girls Second Team All-Conference

1. Tina Harms—Owatonna
2. Krystal Wikstrom—Heritage
3. Sarah Ureke—Woodcrest
4. Anissa Greiner—Owatonna
5. Valerie Indieke—Lake Region
6. Jordan Horton—Rosemount

Girls All-Conference Honorable Mention

1. Kaylee Keck—Chisago
2. Lydia Rieschl—Fourth
3. Andrea Long—Owatonna
4. Abigail Hendrickson—St. Francis
5. Savannah Johnson-Skadsem—Heritage
6. Lydia Neubert—Lake Region
7. Callista Weber—Rosemount
8. Katie Schmidt—Owatonna

All-Conference Awards are awarded to athletes based on their testimony on and off the field, sportsmanship and skill throughout this entire season. Congratulations!



MACS All-Conference First Team (L to R):
Daniel Graves, Lucas Barth, Ryker Kloeckner, Simon Allen.
(not pictured: Eli Richter and Mark Ababiy).



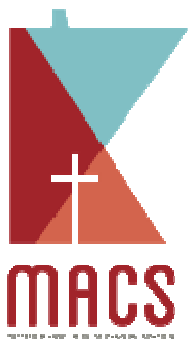
MACS All-Conference Boys Second Team (L to R):
Evan Manes, David Groulx, Josh Lathrop, Rylan Boldt,
Micah Swedeen. (not pictured: David Fruetel)



MACS All-Conference Girls First Team: (L to R):
Morgan Stephens, Marcale Palm, Katie Russell, Elaina Neilson,
Joelle Webster. (not pictured: Hannah McGaffey).



MACS All-Conference Girls Second Team: (L to R):
Jordan Horton, Krystal Wikstrom, Tina Harms,
Anissa Greiner. (not pictured: Sarah Ureke and
Valerie Imdieke.)



Minnesota Association of Christian Schools

2019-20 MACS Events Calendar

revised 3.26.19

- **June 17-21** – Fourth Baptist Christian School Basketball Camp – All MACS schools are invited to attend
- **August 5-9** – Fourth Baptist Christian School Volleyball and Soccer Camps – All MACS schools are invited to attend
- **August 12** – First day of Team Practices for Soccer/Volleyball
- **August 23** – Rosemount Jamboree (Soccer & Volleyball) at First Baptist in Rosemount
- **October 3-4** – AACMS Midwest Regional Teacher's Convention in Kalamazoo, MI
- **October 24-26** – MACS State Volleyball and Soccer Tournament at First Baptist in Rosemount
- **November 1** – MACS Choir Festival at Fourth Baptist
- **November 11** – First day of Team Practices for Basketball
- **December 18** – MACS Legislative Breakfast (tentative date)
- **February 13** – MACS Speech and Bible Festival at Woodcrest Baptist Academy
- **February 27-29** – MACS Basketball Tournament at Fourth Baptist and Woodcrest Baptist Academy
- **March 6** – MACS JH Fine Arts Festival at First Baptist at Rosemount
- **April 3** – MACS SH Fine Arts Festival at Fourth Baptist & MACS Annual Meeting
- **May 1** – MACS Track Meet at Granite City Baptist in St. Cloud
All MACS Schools are Invited to participate

