



Photo by Sydney DeVries

Juniors Lucas Polman and Andrew Witvoet split logs at Faith and Action in Crete, Illinois.

GO Day helps students put faith in action

Alex Wondaal
Co-Editor in Chief

On Wednesday, April 24, all Illiana students participated in “GO Day,” a day of ser-

vice in over a dozen different locations in the Chicagoland Region.

The freshman class helped with landscaping at Camp Manitoqua and the sophomores packaged meals

at Feed My Starving Children while the junior and senior classes were separated by homerooms and dispersed to other locations requiring fewer student helpers.

Simon Molenaar, who

served with the rest of his sophomore class at Feed My Starving Children, said, “It [GO Day] demonstrated to me that servitude doesn’t have to be boring or painful; rather, it can be fun.”

Molenaar added, “The main goal of the group was to quickly and accurately produce as many bags of food as possible” in order to maximize their impact in feeding a starving population.

Freshman Matthew Smits said regarding his service at Camp Manitoqua, “Working with friends, picking up sticks, spreading mulch, and helping the camps was a lot of fun.”

“I was able to pray over my homeroom and thank God for giving us the ability to serve Him!” said junior Grace Peterson who worked at Emmanuel CRC’s thrift store. “My favorite part of GO day was being able to meet the amazing volunteers and bonding with my homeroom.”

Illiana AP English seniors dominate state essay competition

Madison Rogers
Reporter

Seniors Andrew Roets and Issy Neibert won first and second place in the statewide Letters about Literature Contest sponsored by the Indiana State Library, and Roets’s letter will now represent the state of Indiana in the Library of Congress’s national contest.

For the competition, Illiana’s AP English students wrote and submitted letters to authors who inspired them. Over 1,000 students all over Indiana submitted letters, and Illiana students showed extremely well. The state gave 25 letters individual recognition for their excellence, and Illiana students captured sixteen of those spots.

Beside Roets’s and Neibert’s letters, Maddie Holesinger and Emma Slings were both named as semifinalists. These four students all won cash prizes. Twelve other students received honorable mentions as well.

“I was very proud of my students,” said English teacher Jeff DeVries. “All of their letters were well written and insightful, and I am so excited that Andrew won the whole state. What an honor!”

The Indiana State Library held an awards ceremony on April 13 in Indianapolis. Justin Foust and Lauren Courtney joined Roets and Neibert for the ceremony. Roets read his letter aloud at the event.

Neibert, Foust, and Roets also attended author workshops the morning before the ceremony.

Neibert said, “The experience was very different than I expected, although it was a lot of fun to talk and meet with the authors, both of whom were extremely nice. It was interesting.”



Photo by Dave Gibson

Illiana students helped the Young Life group raise money by picking up garbage along the road.

First mission trip to West Virginia aids Young Life Youth Group

Taylor Benes
Reporter

Six Illiana students, English teacher Sara Johnson, and a parent chaperone travelled over spring break to McDowell, West Virginia, where the group cleaned out an outreach center for a Young Life youth group.

McDowell is the poorest county in the United States and has an immense substance and drug abuse problem. “It’s like having a third-world country in your own country, and you don’t hear about it unless

you’re there,” junior Gabby Goodfellow said.

The team left Illiana the morning of Saturday, March 30, arriving in McDowell the same night. The group then met Young Life coordinators, Paul and Faith Dick, and got to work.

Johnson said, “We had a connection there through Jan Beatty. She is a Young Life coordinator for Lake Central and Munster, and some of our kids go to her Young Life group. She really wanted to partner with Illiana.”

The Illiana group met up with

McDowell’s local Young Life group with whom they worked every day.

“We cleaned out their outreach center. Right now it’s an abandoned school building, but they’re going to make it a place where kids can come and stay and where they can get solid meals [every] day,” Goodfellow said. Beyond the work in the outreach center, the team did small tasks to help Paul and Faith, easing weight off their shoulders.

Freshman Callie Boss said, “My favorite part was getting to know people out there and getting to know that I’m working and helping

people.”

“I think I’m most excited not for what we did, but for what we set up to be done. I feel that that area is just ready for Paul and his ministry to have an explosion,” Johnson said.

“Often times we associate poverty with being far away from us, but it’s here,” Johnson stated. “It’s in our own backyard; it’s in our country, and we really wanted to go somewhere we could be a good help to people.”

Johnson hopes to continue sending Illiana students to McDowell over spring breaks to continue the work that was started.

Teenage girls' emotions valid, valuable

She takes selfies wearing too much makeup. She doesn't know when the oil in her car is running low, or what to do about it. She spends all of her money on Starbucks coffee and Hollister jeans. She stays up late texting her newest boyfriend,

who she says she's in love with. Next week when they break up she'll cry into her pillow for two days straight, but it won't be long before she finds another boy to obsess over.

You guessed it, she's a teenage girl.



Haleigh Olthof
Co-Feature Editor

Or is she?

I know a lot of teenage girls, and most of them are nothing like the above description. I am a teenage girl myself, and I've spent a lot of time trying to avoid fitting that stereotype. I had a head start, too: I'm not very emotional naturally. Growing up and even throughout most of my teenage years, it was a rare occasion if I cried.

Then senior year happened. My classes were harder than ever, I had decisions to make about my future, I took on the responsibility of leadership on the cheer team, and at some point my disposition shifted. I found myself crying over college applications, comments from my parents, and yes, even boy problems. And as I sat on my bed sobbing—quietly and with the door locked, so no one would know—I would think, Why am I crying over this? I don't want to be a stupid, emotional teenage girl.

I've seen this sentiment reflected in others, too, even if they don't use those exact words. I've heard too many girls apologize for crying, or for talking about their struggles: "Sorry, that was a rant." But that's a problem because emotions aren't something you can control, and telling someone about them is actually a good thing (and not a burden to a good friend.)

So why do so many girls feel ashamed of their own emotions? Maybe it's because that teenage-girl emotion is so linked to a stereotype that portrays young women as silly, shallow, and melodramatic. Girls are so used to being told they're worked up over nothing that they've learned to minimize their own problems before anyone else can.

But maybe we shouldn't be so scared of a little emotion—or a lot of it. After all, our feelings make life interesting and give it meaning. I sure wouldn't want to live without them.

Our emotions also help us to connect with others. The girls I've seen cry the most also tend to be the most empathetic and selfless people I know. They love their families and friends effusively, and they notice when the people around them need some extra encouragement. When I'm the one crying, they're who I want to talk to.

So let's stop hiding emotion like it's an embarrassment, and let's start allowing young women to be emotional, to be human, to be teenage girls. We may find that those selfie-taking, makeup-wearing girls' emotions are not only valid but also valuable.



Photo by Haleigh Olthof

Guests enjoy dinner at the Spring Supper, hosted by Illiana's PIE board.

Illiana group paints, builds friendships in Dominican Republic

Nina Verhagen
Reporter

Nineteen Illiana students traveled to Santiago, DR Saturday, March 30 to spend spring break volunteering at the Pathway to Jesus School, where they painted murals on the walls around the perimeter of Pathway to Jesus School and cleared a plot of land to be used as a playground.

Chaperone Peter Boonstra said, "The kids

got along extremely well, bonded pretty quickly, and worked together effectively. It was fun to be their chaperone. I enjoyed this experience a great deal and I got to know some more Illiana kids in a way that I don't normally get to."

The Illiana students played with the children at the school and directed multiple games for them to play.

"Just seeing the joy in the kids' faces while



Photo by Jenna Dutton

Illiana students pose during the Fun Day they ran at Pathway to Jesus School.

Students turn sports to service at TOPSoccer

Samuel Vargo
Reporter

Every Friday in April from 5:30 to 6:30 in the evening, Illiana Go Club sends students to the Dyer Indoor Arena to participate in TOPSoccer. While there, the students have fun by playing soccer and making new friends with kids that are suffering from disabilities such as autism and

cerebral palsy.

For many Illiana students, the opportunity to help these kids feels as normal as going to class or sports practice after school. Students like sophomore Simon Molenaar go to give these kids an "escape from the worries of life," and freshman Colin DeVries went because he "heard it was a good time."

Go Club sponsor Sarah

PIE board's Spring Supper raises funds for Excellence in Education program

Maddie Holesinger
Co-Editor in Chief

On Tuesday, April 23, Illiana's Parents in Education (PIE) board held its first Spring Supper in the new campus. This night was formerly known as "Evening for Illiana," but Wendy Vroom, a member of the PIE board, came up with the new name to give the night a more casual feel, hoping more people would come, especially younger families.

Last year, over 200 people attended. As of Monday night, around 100 people had RSVPed but Vroom hoped the number of attendees would climb to at least 175-200, so that the board's goal of \$10,000 can be reached.

The night began at 5 and ended at 8, with new campus

tours for the first hour. Dinner was served from 5-7, and people were able to view the Fine Arts entries for the last hour.

The money raised through this even goes to the Excellence in Education program. Every year, teachers make wish lists of items not covered by tuition. The lists are then approved by the PIE board and principal Peter Boonstra, which is then in charge of raising the money to purchase the items. Items purchased with the money raised for this program this past year include a new pottery wheel, drum set, and document scanner.

Illiana had one other event this year that went to the Excellence in Education program as well. It was a sign painting party, which raised \$1,000 in all.



Photo by Jenna Dutton

Pathway to Jesus School teaches students from low-income families.

being there at the school was my favorite part of the trip," said senior James Vandermolen. Illiana's students also enjoyed a beach day and spent some time downtown.

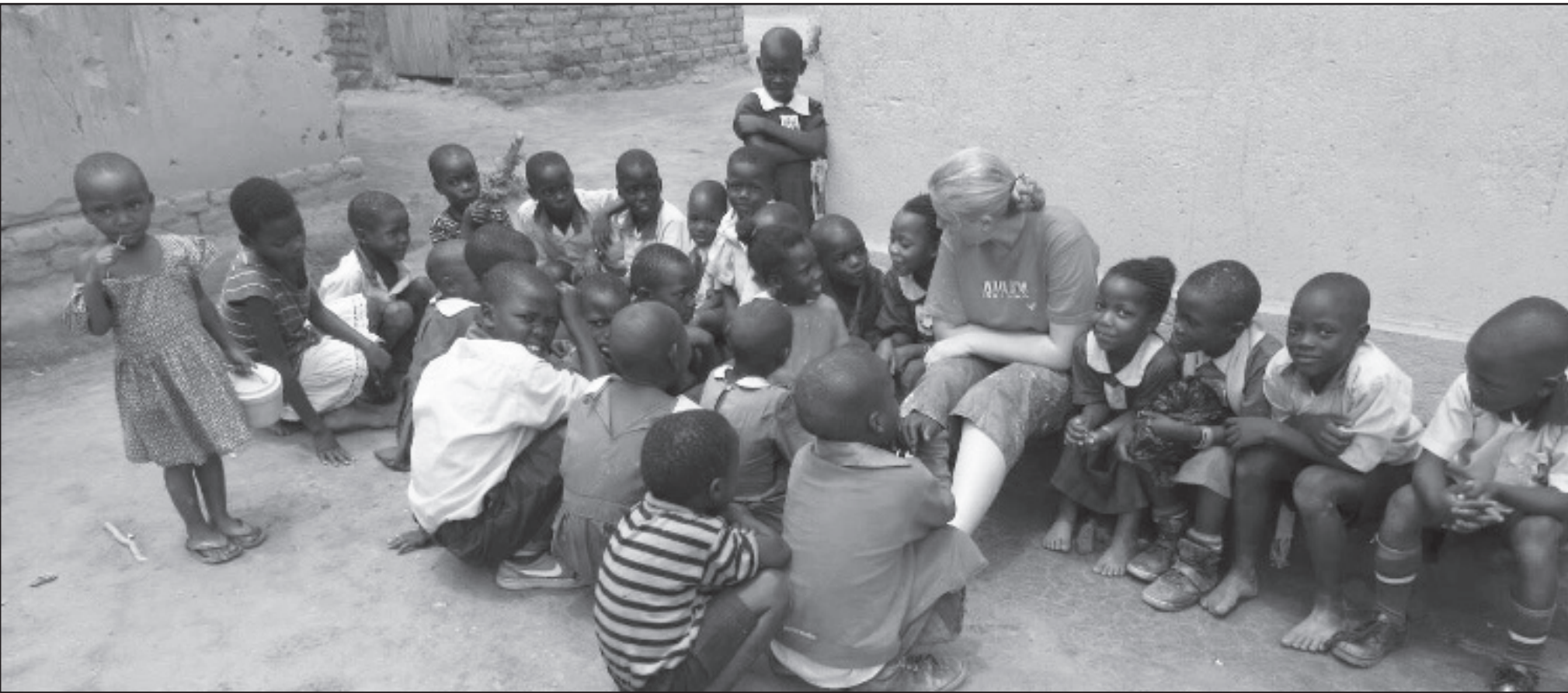
The group of students rented out a home owned by a man whose children went to Santiago

Christian School, the same school attended by former Illiana student Sarah Hernandez and her brother, senior Mark Hernandez. Their mother Shelly Hernandez founded the Pathway to Jesus School, and Illiana has sent volunteers to work there for the past 10 years.

Johnson said they plan activities with TOPSoccer because "it's the right thing to do and it appeals to the students."

Johnson added, "My goal with all the events we plan is to develop relations between students and organizations. God calls us to service, to do things that help others, and this is a thing that helps others, so, therefore, we should do it."

TOPSoccer is a community-based training and team placement program for young athletes with disabilities organized by the US Youth Soccer Organization. The goal of TOPSoccer is to enable thousands of young athletes with disabilities to become valued and successful members of the US Youth Soccer family by bringing the opportunity of playing soccer



Junior Rachel Bosman plays with children at Bethel Children’s Home, singing songs with them and teaching the kids how to snap and whistle . Photo courtesy of Bethel Christian Reformed Church

Illiana students travel to Uganda, help maintain orphanage



Photo courtesy of Bethel Christian Reformed Church
Members of the group ranged from fifteen to seventy years in age.

Sophia Thompson
Reporter

Bethel Church in Lansing took six Illiana students who attend their youth group on a mission trip to the Bethel Children’s School in Uganda this year. Seniors Jacob DeYoung, Hannah Persenaire, Kylie Boss, junior Rachel Bosman, sophomore Olivia Tambrini, and freshman Alex Bosman all went on the mission trip with chaperones Rick and Val Persenaire to help children in Uganda who attend the school. While at the orphanage, the high schoolers set up new gutter systems to collect drinkable rain water, painted classrooms, and bonded with the kids there.

“They’re just such joyful children and they love hanging out with us. For the orphans, it makes them happy to know somebody out there is thinking about them and praying for them,” said Tambrini. The students also visited Wakisa Pregnancy Center, a place for 10-19 year old girls to go when they become pregnant under unwanted conditions. To many, visiting this center was the highlight of their trip. “It was really powerful to see girls there my age pregnant...it was heart-breaking,” said Tambrini. At the end of the trip, the team also got to visit Murchison Falls National Park and go on a safari while at the park. We saw

elephants, giraffes, lions, hyenas and a lot of gazelle, said Persenaire. “I was an amazing experience and a lot of fun,” said freshman Alex Bosman. To raise money for the trip Bethel hosted a free will donation dinner to help pay expenses. The kids who went on the trip stayed with Rick and Val Persenaire at their home in Uganda. The Ugandan children sang songs with the high schoolers and built relationships with each other. Persenaire said, “I’ve heard from other people who went on the trip that the children feel the love of God, so I was expecting the kids I met on this trip to feel it too.”

Students venture to Chicago to learn more about black history

Lauren Woo
Reporter

Thirty-three Illiana students took a field trip to Chicago, led by history teacher Jeff White, on April 16, to highlight black history and culture in the area. This was the second year the field trip was offered. Both times students went to Barack Obama’s house in Chicago, Grant Park, Union Station, Jesse Owen’s grave, and the church that Emit Till attended, among other sites. Amara Ude, a junior who attended the trip both this year and last year, said her favorite part “has to be the walk through Grant Park.” “In Grant Park there are those

huge statues of the legs,” she said, “the legs represent African Americans from Mississippi’s journey up to Chicago.” Courtney Collins, another junior who also attended the trip both years, said her favorite part was Union Station, because “it was beautiful, and you get a sense of what it was like around 1950 to 1970 coming from the south to Chicago.” Daniel Deramus, a junior, said his favorite site was Jesse Owen’s grave. Owen’s was a famous track athlete, and Deramus, who also participates in track, found the grave to be especially inspirational. “I recommend going [on the trip] because it is a very good and fun trip,” Collins said.



Photo by Alex Wondaal
History teacher Jeff White enthusiastically explains the significance of the statue symbolizing people’s journey to Chicago by foot.

Keeping memories alive

At the end-of-the-year Awards Assembly, Illiana gives memorial scholarships to graduating seniors to put toward their plans after Illiana. Here are the stories behind those scholarships.

Rick Vanden Berg Scholarship

Liz VanDrunen
Co-Feature Editor

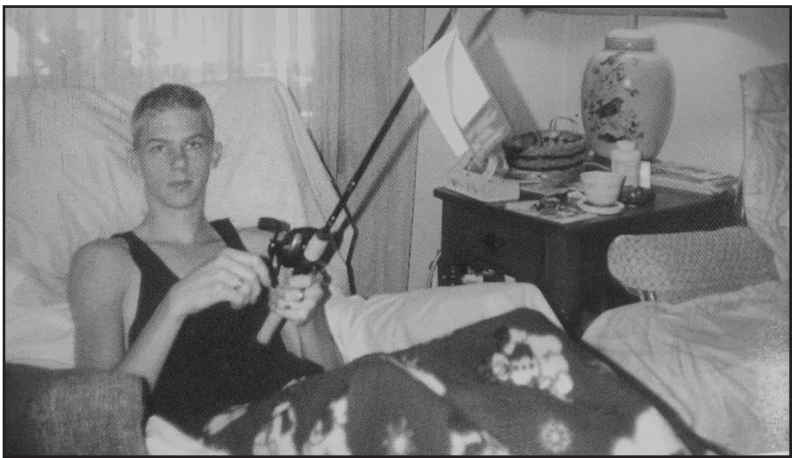
The Richard Glen Vanden Berg scholarship was setup in remembrance of Richard Vanden Berg, an Illiana student who passed away on August 20, 1993.

The scholarship was set up by Frank VanTil, the father of Richard's friend, Bryan. It was set up for graduating seniors who, although may not do the best in school, still want the same opportunities to go to college or trade school

according to Van Til. The criteria for the scholarship was set up by Richard's parents, Richard and Nancy Vanden Berg.

"What happens so often is that all scholarships are strictly academic and our son, while he was a wonderful person, did not make the dean's list or the honor roll," said Richard Sr.

"We wanted the latitude [of the scholarship] not to go to a highly competitive college. We wanted to encourage everybody to advance their education."



Luke Witvliet sits in his childhood home. Photo courtesy of Tina Witvliet

Luke Witvliet Scholarship

Maddie Holesinger
Co-Editor in Chief

Luke Witvliet passed away on May 18, 2001 at the age of 18 from a rare form of colon cancer. As a way to commemorate and celebrate his life, his mother, Tina Witvliet, listened to the suggestion of others and decided to set up the Luke Witvliet Memorial Scholarship in his honor.

"[My family and I] also thought it would be nice to help kids that can use the financial aid," said Witvliet. "Luke went through such a hard ten months,... so we wanted to honor kids who have also overcome great obstacles."

Among the criteria needed in order to be nominated for this scholarship is perseverance. Throughout Luke's struggle with cancer, he still found ways to make the best of the life.

"I want everyone to know that Luke loved life," said Witvliet. "I know a lot of people who don't wake up every day and say how happy they are, just to be

alive. Luke was like me. I wake up every morning and love life more than the day before."

Luke was outgoing, witty, brave, and he was a lot of fun. He loved reptiles, but he loved his friends most.

A story that embodies Luke's character happened after getting back from a fishing trip with his dad and brothers.

"His brother ran in to the house yelling, 'Mom, quick, Luke has a fish hook in his nose!' When I got out there, they had already taken the fish hook out," said Witvliet. "He was standing there with red, puffy eyes and dirty tears coming down his face, but he was so proud of the fish that he caught that we took a picture of him standing with the fish, a half smile on his face. That was so Luke. Smiling through the pain. Even though he just got a fish hook in his nose, which had to hurt, he was still proud of that fish and wanted a picture."

Joshua Daniel DeBoer Scholarship

Natalie Togtman
Arts Editor

The Joshua Daniel DeBoer Scholarship is named after the brother of Michele Sserwadda who works in the office. He died in a plane crash in September 2011.

DeBoer graduated from Illiana in 2008.

Sserwadda said, "Immediately after he passed my parents knew they wanted to set up a scholarship in his memory as a way to keep people talking about him."

The scholarship is awarded to kids who "display a Christ like attitude" and have a "desire to develop God given gifts."

Sserwadda said, "The greatest thing about Josh was his ability to be friends with everybody."

DeBoer's friend group consisted of mostly non-Christians. Deboer and



Photo courtesy of Michele Sserwadda

From left to right: Joe Neuzerling (also killed in the plane crash), Nick Kwolek, Joshua Daniel Deboer, and Megan Morrison enjoy their drinks and dinner together.

his roommate were the only two people in the friend group who believed.

Sserwadda said, "I remember at the funeral his friends, who weren't

believers, spoke about how much love and care Josh showed for them and that was a special moment for our family."

Vernon Boerman Scholarship

Kylie Boss
Co-News Editor

The Vernon J. Boerman Scholarship was established in 2007 to commemorate Vernon J. Boerman, a teacher who served at Illiana for over thirty years. Boerman's family, including Illiana English and Bible teacher Mrs. Mary Lagerwey, created the scholarship to remember Boerman and to help Illiana students with tuition costs.

"The idea was to remember him as a long-time Illiana teacher and also to [help] an Illiana student," said Lagerwey.

During his time at Illiana, alumni recall him jumping on desks, pretending to be the Pope, or bowing toward Mecca, said Lagerwey.

"Early on, he decided he was going to be weird for Jesus," said Lagerwey.

During Boerman's lifetime, a pressure for students to join the workforce became prevalent. Boerman felt very strongly, though, that a student's job should be a student, said Lagerwey.

"The push to work outside of school was really taking away from their academics and their extracurricular involvements," said

Lagerwey.

After Boerman died in 2006, it was his wife Nancy's idea to set up this scholarship to pay for tuition costs for an Illiana junior student because Boerman was so invested in the idea that a student's job is being a student, according to Lagerwey. Doing this would encourage the student to focus on his or her studies instead of worrying about earning money, said Lagerwey.

According to Lagerwey, the scholarship is primarily given to students involved in drama, art, or music, and the student is nominated by faculty.

Jim Huizenga Memorial Scholarship

Grant Gibson
Co-Feature Editor

Jim Huizenga graduated Illiana in 1980 and went to Joliet Junior College to get his commercial driver's license (CDL). Two years later, he graduated and hit the road. However, he passed away on Oct. 2, 1998, because of a lethal accident.

Bonnie Trepton, Jim's sister, said that their family chose to create the scholarship to help students

going into two-year trade schools because that's what he did.

"The ones that get the most awards are the ones that are going onto college and have very high scores," said Leanne Huizenga, Jim's mother. "Some kids are more suited for having jobs like [being] a mechanic.... It costs money for those students to go on, too, but they never get the aid the [4-year students] get."

During high school, Jim "loved to have fun," according to

both Trepton and Leanne. He was on the wrestling team and enjoyed shop classes the most.

"You can see that in some of the students in Illiana now," Leanne said. "Those benches that were made are a wonderful thing that they do with their hands."

By the time Jim had graduated from Illiana, "the teachers had a lot of influence directing him," said Leanne, "into somewhere where he was working with his hands but still had to use his head, his mind."

Cathy Beezhold Peerbolte Scholarship

Madison Ceponis
Reporter

The Cathy Beezhold Peerbolte Memorial Scholarship is given to one Illiana student going into the medical field. The scholarship has been awarded since 2002.

Cathy Beezhold Peer-

bolte lived an abundant life, her sister Carol VanDrunen stated. She added, "She was a kindred spirit and a saint."

This scholarship was supported by family and friends that were shocked by her instant passing and wanted to donate money. The parents then put it to a good cause,

a scholarship awarded once a year.

To be an applicant the student must have a Christ like attitude towards others, must be diligent with using the gifts God gave them, must have specific plans in the medical field, and must have two recommendations.

Fine Arts 2019

Fine arts is a week dedicated to showcasing the talents of students in the categories of writing, singing, drawing, painting, and playing an instrument. The winners of each category are listed below.



“Colorless” by Morgan Bryant

Portrait Photography:

- 1st place** - Megan Boss
“Star”
- 2nd place** - Morgan Bryant
“Colorless”
- Honorable mention** -
Dorianne J Smith
“Paisley”

Painting:

- 1st place** - Issy Neibert
“Fauvist Medusa”
- 2nd place** - Mia Roth
“Headspace”
- 3rd place** - Gabby Albanese
“Rain Wyrn”

Short Stories:

- 1st place** - Gabby Albaenese,
“Within the Confidence of our Skulls”
- 2nd place**- Taylor Benes
“Remembering Adelaide”
- 3rd place**- Issy Neibert
“Shoe Comer”

Essay:

- 1st place** - Haleigh Olthof,
“Regrets inevitable, beneficial”
- 2nd place** - Haleigh Olthof,
“Brother with autism brings joy, challenges to Kooistra family”

“tick tock tick tock”

By Issy Neibert

tick-tock-tick-tock
Midnight
Icy breeze cuts through
and he appears
strutting through the garden
He wears harsh features and empty smiles
hidden under silk robes, extravagante and stiff.
The flowers worship him,
leaning towards his cloak,
desperate for his meaningless touch.

A quiet blanket covers the garden.
Reverence from the willows
Disgust from the flowers
Silently she enters
Her face a bright light in an inky pool of black.
She holds the moon
with somber duty.
Out her delicate lips
the subtle smell of dry wine.

A lullaby drifts through the air
along with her whispering voice,
“Lovely to see you again.”
The flowers wince.
Boisterous laughter, then
“Can’t agree.”
Nauseating sweetness flows from his breath.
tick-tock
tick-tock
The church bell chimes
Midnight ends
Death looks at the sky
“It’s time.
Someone is waiting for me.”
Life grinned.
“You aren’t special.
Without me, you can’t exist.”
tick
tock
tick
tock
“Without me, you are meaningless.”



Photo by Makayla Hoeksma
TeNia Phillips and Kyann Rule perform “Thank You, Soldiers”

Vocal:

- Solo Category** -
1st place - Jenna O’Brien
“She Used to be Mine”
- 2nd place** - Sydney DeVries
“Popular”
- 3rd place** - Kaneisha Perry
“Questions”
- Ensemble Category** -
1st place - Bella Vanderwoude and Emily Feikema
“Some Things are Meant to Be”
- 2nd place** - Angelina Verastagi, Anna Lenting, Kaylee Evers, Isabella Verastegi
“She Sings”
- 3rd place** - TeNia Phillips and Kyann Rule
“Thank You, Soldiers”



Photo by Michael Moore
Raul Garcia and Lauren Courtney perform a duet in the instrumental competition.

Poetry:

- 1st place** - Olivia DeYoung
“The Memory of Us”
- 2nd place** - Taylor Benes,
“Spring”
- 3rd place** - Olivia DeYoung
“1864, Then No More”
- Honorable Mentions-**
- Issy Neibert,
“Tick-Tock-Tick-Tock”
- Taylor Benes
“Elmer Batterman”
- Rachel Bultema
“Hers” and “Rope”

Instrumental:

- Solo Category** -
1st place - Christine DeYoung,
Harp solo
- Ensemble Category** -
1st place - Andrew DeBoer, Ben Ipema, and Elizabeth DeYoung
Trumpet trio
- 2nd place**- Bella VanderWoude and Christine DeYoung
Violin duet
- Honorable Mention-**
Allison Meyer and Kayla Sylvester
Flute and oboe duet



Photo by Michael Moore
Christine DeYoung plays “My Heart Will Go On” on the harp. DeYoung took 1st place.



Photo by Coy DeJong

Junior Coy DeJong flexes his muscles for his followers after a big workout. He tries to work out at least six times a week.



Photo courtesy of Brian Mock

Senior Brian Mock studies his grip before working out his squats. Mock also works out six times a week.

Boys track and field develops chemistry early on, helping them do well

Kade Bouwer
Co-Sports Editor

Despite the coaching change and competing in a new state, the boys track and field team has done well so far. Although they haven't won a meet yet, they have consistently performed in the middle of the pack.

Sophomore Justin VanProoyen said, "As a whole I think the team has been doing well because we have been going through all these changes like new coaches and the new staff, so I feel like we have come together very well as a team. In the recent meets the conditions weren't really that good. So, I thought we performed well with what we had."

Team chemistry has never been higher according to multiple players, and that camaraderie has helped them perform better. They have been pulling many pranks on the girls team as a way of building team chemistry and having fun.

Senior Luke Haan said, "We just mess around a little bit. We get along alright with [the girls track and field team.] It is just fun messing around with them."

While they like to have fun, the team is focused on getting better and preparing to make the leap to become an elite track and field team.

VanProoyen said, "As a team, I think our goal is that we just want to get better and we all can get better individually. When we get better individually we will get better as a whole."

Illiana students use Instagram to display their bodybuilding, advance their fitness careers

Kade Bouwer
Co-Sports Editor

Alex Wondaal
Co-Editor in Chief

Exercise is nothing if tons of people don't know about it. For junior Coy DeJong and senior Brian Mock, this truth is self evident. DeJong and Mock administer fitness/bodybuilding pages on their Instagrams *coydaddy.muscleparts* and *mock_motivation* respectively.

"I just thought it would be funny and something to do," said DeJong. "A lot of people have fitness pages, so I figured it would put a smile on someone's face and it's fun for me to do."

While DeJong's content is mainly humorous posts and photos of himself flexing, Mock prefers a video approach, showing clips of his improved lifts. DeJong's page has 181 followers while Mock's follows closely behind with 169.

Mock at first didn't want to create a fitness page, but

after seeing Coy's page, he was encouraged. Mock said, "[My fitness page] was a way for me to talk about something I like to do without being too forward about it because I don't want to give that impression."

Coy's fitness page was first intended to be a joke, but it soon evolved into something more. Junior Lily Olfhof, co-founder of *Coydaddy Muscleparts*, said, "I was in physics class and we were bored so we just thought it would be funny so I started it to be

funny and he didn't want me to start it and I posted a couple of pictures..., but now he loves it. There's a bunch of people that ask us to be their ambassadors. They comment on our posts all the time."

In the future, both pages are looking to expand their brands. *Coydaddy Muscleparts* already is selling merchandise such as shirts, and the brand is looking into the possibility of expanding into the protein supplement market. Mock hopes to expand his follower base.

Boys golf crushes opponents to remain undefeated so far, to be heading into key matches

Cate Peerbolte
Co-Sports Editor

The boys golf team has gotten off to a very successful start in Indiana, boasting an undefeated match record.

Senior Matt Lagestee said, "The team has been playing very well despite not playing together in over a year. We have been consistently beating our opponents."

With the campus move, the golf season changed from fall to spring. Senior Seth Bouwer said, "The courses have had much more rain on them this season. I have been ankles deep in mud while practicing."

After the campus move the boys' home course, Palmira, is much closer to school. Lagestee said, "Practices have been much more convenient this year.

We are able to start practices much sooner."

Senior Parish Townes said, "I am looking forward to the large tournaments we have coming up. We are hoping to perform well at these [since we cannot compete in] the state tournament."

The team will compete in the Kankakee Valley tournament on Apr. 27, and the Christian Schools Invite in Michigan on May 4.



Photo by Michelle Bouwer

Senior Seth Bouwer (middle) takes a practice swings before teeing off at Lost Marsh Golf Course. Illiana would go onto win against both East Chicago and Morton.

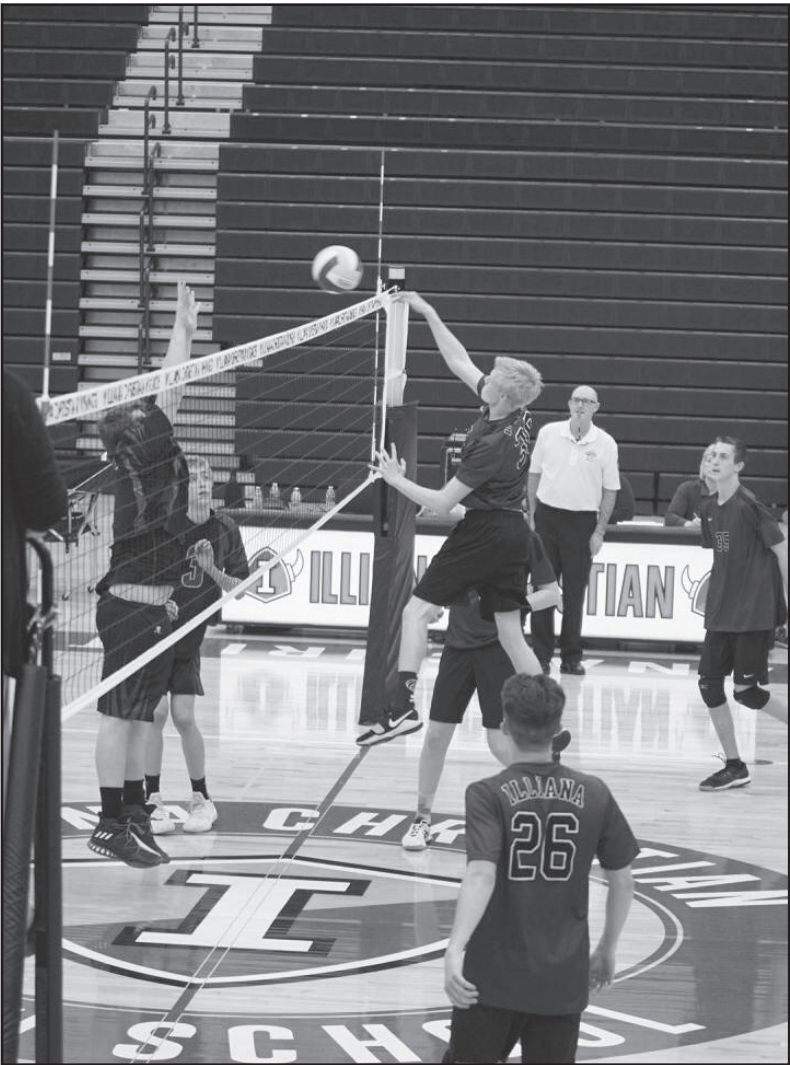


Photo by Paul Smit
Sophomore Jaxson Smit jumps up and spikes the ball at the opposing team.

Volleyball team’s impressive stretch of play continues

Grant Gibson
Co-Feature Editor

With their eyes turning toward the state tournament, Illiana’s boys’ volleyball team hopes for a promising future that mirrors and exceeds their record of 9-6.

Varsity is confident in its ability this season, especially after a victory against Franklin Community, a 14-2 team, in the Chesterton Tournament. Bosman said he thinks varsity can win the state club’s regional tournament.

If not this year, they’re going to impress people within the next three years. Coach Dave Bosman said that the “eleven freshmen are the most talented freshmen on the JV team” that he’s had in his four years of coaching varsity.

On a scale from zero to ten, coach Dave Bosman says they’re at about a seven, but “we

lost a few we should’ve won,” he said.

Right side hitter Ethan Reynhout said inconsistency is their main weakness: “We need to work on keeping our momentum going.”

To counter their unpredictability, varsity is “focusing on the fundamentals rather than winning” during practice, said defensive specialist Adam Swets.

The fundamentals, according to Swets, include frequent passing drills and “moving our feet, getting agile on the floor.”

Bosman agreed that the biggest factor to improving in consistency is talk: “We’re a lot quieter team on the court. When we start losing, we get quieter, and then we struggle.”

“If we can get up to an eight or a nine,” said Bosman, “I’ll be happy. And that’ll come with consistency.”

Sports Highlights

Boys baseball struggles despite immense talent

Liz VanDrunen
Co-Feature Editor

The varsity baseball team continues its season with a win against Victory Christian Academy on Monday, April 22.

The team’s record stands at two wins, four losses, and one tie.

Varsity head coach, Darren DeBoer said, “The most exciting thing so

far has been being able to win the first game on the new field. There are a lot of additions that could make the field better, but it’s in, the layout is beautiful and we won our first game on the field, so it should be an exciting season.”

With no postseason, the team’s goal is to improve as much as possible in the upcoming month.

Senior Colton DeJong, center fielder and pitcher, said, “We’re trying

to get as many wins as possible and all the players at their best by the end of the season.”

DeJong said, “We have some fielding issues, like who belongs where and how we are approaching the bases, but we’re working them out.”

DeBoer said, “We are working on situational execution, being able to recognize different situations and change our approaches as they come up.”

Injuries rob girls track and field of desired results

Natalie Togtman
Arts Editor

The girls track team has continued doing well this season despite numerous girls suffering from shin splints.

Coach Top commented on the overwhelming amount of shin splints that she believes can be contributed to the fact that the girls have been practicing inside the school rather than being on tile like in pre-

vious years.

The girls finished in fourth place at the Christian Schools Invite hosted by Unity Christian High School in Hudsonville, Michigan.

The girls have had an unusual week of competition, with three scheduled meets in four days. On Tue April 23 the freshmen and sophomore girls competed at Watseka, and had invites on Thursday and Friday.

On Thursday the team

competed in the highly anticipated in the Highland High Invite. Before the Invite, senior Emma Groot said, “I’m not really sure how we will do at this meet because it’s so big and we have never ran against these teams before.”

The girls will also compete tonight at the Chicago Christian Invite.

Looking ahead the girls have three more meets including the first ever Illiana Invite on May 6.

Weather, inexperience trouble girls softball

DJ Gladney
Reporter

Early in the season, the softball team’s greatest competitor might just be the home field, which has been under construction for a while and which the team still hopes will be usable before the season ends. A wet spring has not helped matters.

Coach Nicole Wondaal

said, “It’s been so rainy and snowy that we’ve only played three games.”

As the weather warms up, the girls are looking to some tough new teams, including a game against Marist, which is rank 24th in the entire nation.

“We are a young team with quite a bit of talent,” Wondaal added. “We have great chemistry, and we look forward to working with each other every

day.”

Wondaal pointed out that the team is also young and fairly inexperienced, so the girls need to learn to play smarter.

“[Each player needs to] be aware of what the team needs from them while they’re up to bat, knowing the situation of the game. These things become better with time and experience.”

Girls tennis keeps winning in early part of season

Kylie Boss
Co-News Editor

Despite cold and windy weather, the varsity girls tennis team has won both of its two matches this season. According to senior Lilly Armendariz, most of their matches have been canceled because of intense winds and cold weather. The team has only

played two matches despite being a month into the season, according to Armendariz.

“I like having it in the fall better than in the spring,” said Armendariz.” The weather was a lot more predictable,” said Armendariz.

Because of the move to Indiana, the team is facing bigger and harder schools, according to junior

Lizzy Knot.

“We’re learning about the new schools...and where we stack up against them,” said tennis coach Mr. Rob Lagerwey. Amongst the larger schools, tennis is a bigger deal [in Indiana] than in Illinois, according to Lagerwey.

JV tennis has also won both of its matches, according to sophomore Chloe Weemhoff.

Male Athlete of the Month

Carrying over from last year’s postseason run in which he finished first in regionals and third in sectionals, senior Lawton Bouwer has gotten off to a hot start, leading his team to an undefeated record. As the number one golfer, he provides leadership in his scoring and his vocals.

Freshman Wesley Olthof said, “I’d say Lawton brings a positive spirit and a good outlook on the team in general. He plays really well, so he is a good example for the younger players through the way he plays.”



Female Athlete of the Month

Junior Lily Olthof is one of the best players on the girls tennis team this year, but more importantly, she has been a constant vocal leader for the team.

Olthof said, “I try to stay positive and energetic during practice, so then people don’t get down on themselves and enjoy their time. If people lose their matches, I try to encourage them and remind them that there is a lot of matches that they can make up for, so they should do their best and play as hard as they can.”

Editorial

Slavery not merely an issue of the past

The best estimates say at least 40 million people live in slavery today. One-fourth of them are children, and 71% are women and girls (Global Slavery Index). They are bought and sold for an average of \$90 a person, less than ever before in human history (Free the Slaves).

They are forced to work on construction sites, in factories, and in homes without a paycheck. Some are forced into marriage as a way to hide forced labor. Others are conscripted into the military in countries like Uzbekistan and North Korea and then sent to labor camps rather than battle. And others are trafficked into brothels, sold for sex.

While modern slavery is clearly a serious issue of injustice, it can be hard to know how to help solve this daunting and complicated problem. It is easy to feel overwhelmed by the statistics, but we shouldn't give up. We are not helpless. We can bring change, even if it seems small. Here are a few things we can all do today to fight human trafficking:

Learn more and raise awareness. Online sources like the Global Slavery Index and End Slavery Now offer in-depth information about modern slavery

and how you can get involved in anti-trafficking efforts. Several documentaries also offer different perspectives on the issue. (Watch more than one to get a more comprehensive picture.) Endslavery.org/act/educate also offers a list of books that give basic information on the topic. Once you have a better understanding of the issue, start conversations with people you know about the slavery that

in many household items, including deodorant. Many large corporations do their best to inspect overseas factories, but it is nearly impossible to ensure that these factories are not using slave labor. Unfortunately, small businesses especially lack the resources to regulate their supply chains. To avoid buying products made using slave labor, buy certified fair trade products from compa-

of malnourishment or abuse, has few or no personal possessions, or doesn't have access to his or her own ID or passport, that person may be a victim of trafficking. You can report these signs to the National Human Trafficking Hotline at 1-888-373-7888 and find a more comprehensive list of the signs of trafficking at humantraffickinghotline.org.

Promote anti-slavery legislation. Contact your local representative and ask him or her to vote for laws that stop the criminalization of trafficking victims and protect those at risk for trafficking. Learn about specific bills and petitions at polarisproject.org/action and the online Shared Hope International Advocacy Action Center (<https://p2a.co/ja6el4w>).

Donate or fundraise. Many organizations are already working towards a world without slavery. Donate to nonprofits like the International Justice Mission or participate in a fundraising project like Dressember.

www.globalslaveryindex.org/2018/findings/global-findings/
www.endslaverynow.org
www.amnesty.org.au/milly-stilnovic-palm-oil-child-labour/
www.freetheslaves.net
www.nytimes.com

“[Slaves] are bought and sold for an average of \$90 a person, less than ever before in human history.”

still exists in our world.

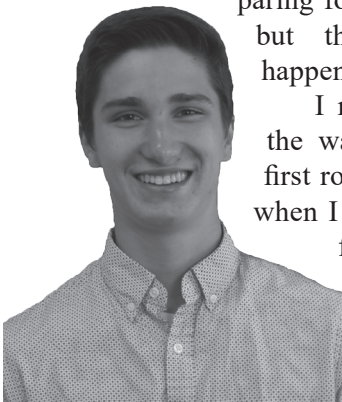
Use your consumer vote. The U.S. imports \$354 billion worth of products annually, including coffee, clothing, cocoa, and other foods, that have slave labor in their supply chains (Global Slavery Index). For example, children work alongside their parents in Wilmar, a province of Indonesia that controls 43 percent of the palm oil trade, processing palm oil that ends up

nies that are honest about where their goods come from. You can also write a letter to your favorite brands asking them for more transparency about their supply chains.

Learn to recognize signs of trafficking. If you come into contact with someone who is unpaid or paid only through tips, works excessively long and/or unusual hours, owes a large debt he or she can't pay back, shows signs

Positive thoughts breed success

It was the first golf tournament of the year and I couldn't have been less nervous. I was actually quite surprised because usually I'm the one who is paralyzed with nerves. I was relaxed walking up to the tee time, exchanging score cards, and preparing for my first shot, but then something happened.



Kade Bouwer
Co-Sports Editor

I remembered all the way back to my first round of the year when I had topped the first drive off the tee. Suddenly that was all I could think about.

One were the pleasant thoughts of hitting a beautiful shot, cutting to the shape of the fairway and bounding its way toward the hole. Now I was just praying fervently that the shot would go past the women's tee box. Spoiler alert: It didn't.

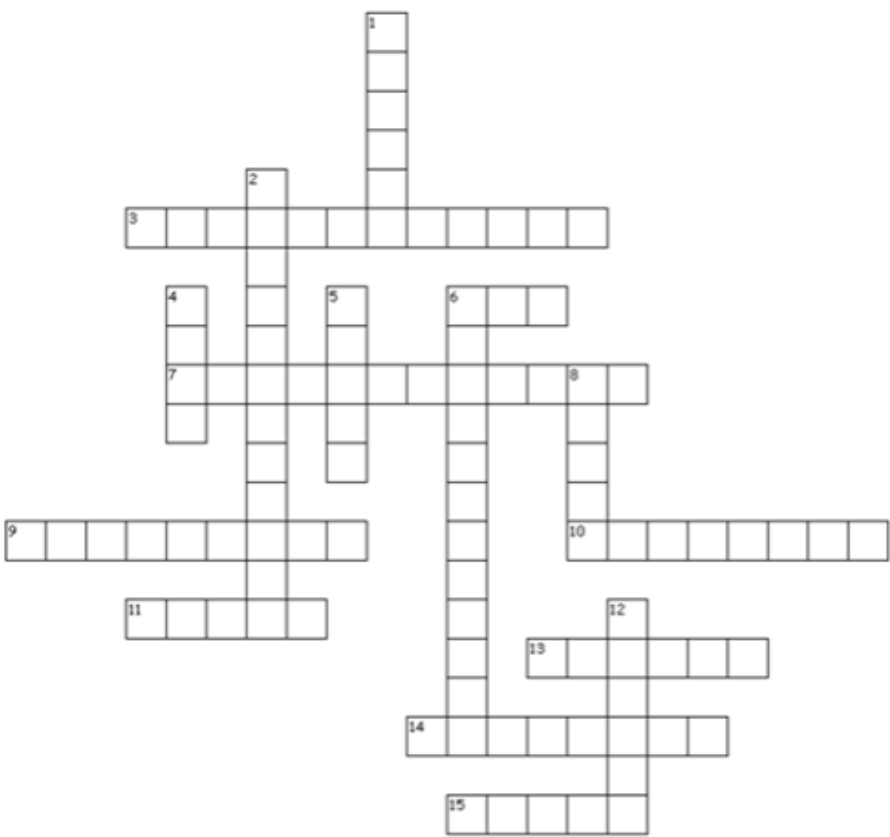
I reared back and swang as hard as I could and, low and behold, I topped my drive. The ball trickled its way down the hill and right up next to the women's tee box, seemingly mocking me all the way. I looked back to see if my brothers and my teammates were watching, and sure enough they were. I was thoroughly embarrassed. The desire to snap my driver in half, dump my clubs in the creek nearby, and quit the game of golf forever was at an all time high right after that shot. I said stuff like, "Wow, can't remember the last time I did that," or "Can't believe I just did that," to try to cover my embarrassment.

I was a train-wreck for the rest of the hole, and I carded a double-bogey. After that hole, I was able to play fairly well for the remainder of the tournament. In fact, my drives were some of the best I had this year, keeping pace with a D-1 commit for most of the day. Despite the great drives, at the end of the round, all I could think about was my first shot of the day.

I don't know how many times I have heard the phrase: Think Positively. It is such a basic idea, that sometimes I forget about it. On that tee box all I could think about was what could go wrong, and then acted surprised when it did. When those negative thoughts invaded my mind and I didn't reject them right away, my fate was already sealed.

Too many times our attention moves directly towards negative thoughts. We dwell on what could go wrong instead of envisioning what should go right. This will always hurt us, not only in golf, but also in every other aspect of life. Negative thoughts are just more obstacles we put in front of ourselves to overcome. In life we already have a lot of things we have to overcome that we cannot control, and giving ourselves one more that we can doesn't help us one bit.

So whether it is the first tee shot of a golf tournament, a cruel test at school, or a difficult task at work, positive thoughts will put me and you at a greater chance of doing the best we can. They'll also decrease the chances I'll have to go out and buy a new driver at the end of the round.



Across

- 3. Illiana's 5K and breakfast
- 6. Our most important star
- 7. Day on which the elderly visit Illiana
- 9. Pretty yellow weed
- 10. Unleavened bread is consumed on this Jewish holiday
- 11. Turns green in spring
- 13. A practical joke done by seniors
- 14. A day to celebrate trees
- 15. Fun way of saying "rabbit"

Down

- 1. Found on ground in April, perfect for splashing
- 2. Given out at the end of the year (plural)
- 4. These tiny creatures come out in spring
- 5. Formerly "Christain service day"
- 6. Fundraiser from page 2
- 8. John Calvin's favorite flowers
- 12. The reason April 15 stinks

The newspaper is a forum for expression; therefore, we encourage feedback or commentary. Please contact us at theillianaecho@gmail.com

the Echo)))

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Letters to the editor can be submitted to the advisor or sent to the school. All letters must be signed and must not exceed 250 words. They will be printed provided there is enough room and content is not offensive to the general public.