

# Staff struggles to find storage space at new campus

Madison Rogers  
Reporter

The drama department and athletic department are battling to find storage space for the large amount of equipment that comes with both fields. The new Illiana building simply doesn't have enough space to house everything. The administration has placed a storage pod outside the ARC to hold drama equipment.

The two departments started the year sharing the tunnel space between the ARC and the gym. This space allowed them to be able to hold their equipment closer to the

stage to try and avoid carrying things by hand too much.

However the athletic department needed more space than originally anticipated. Athletic director Debra Kamp said, "A lot of people underestimate the size of athletic equipment." She said that with "three big programs sharing a space" there were going to be some problems, but she thinks the pods are a good compromise.

Art teacher and drama department's tech and sound manager Jim Kamphuis is trying to have a positive outlook on this incident and is using the space given to them well. He said, "I understand where they're

coming from, but it would be nice storing things next to the stage."

The storage struggles are being worked over now and the school is taking steps to try to find more space. The drama department is currently using a pod outside the school to hold bigger equipment what was originally going to be held in the tunnel. Both departments are also using the third floor space for storage.

Principal Peter Boonstra said the school needs to find ways to "store smart," and find the right places for things. The school also needs to get rid of some things from the old building.



Photo by Jeff DeVries

Storage bins overflow with athlete uniforms, which clutter the storage area.



Photo courtesy of ICHS Facebook Page

Seniors Issy Neibert, Hannah Last, Sarah Mapes, and Erin Yonkman visit the F.D.R. Memorial.

## Seniors embark on class trip to D.C.

Alex Wondaal  
Co-Editor in Chief

Illiana's senior class departed for its class trip to Washington, D.C. on Tuesday, Oct. 23 with 86% of seniors attending.

On Wednesday morning, the class visited the National Cathedral. "I thought it was an exquisite building," said senior Raul Garcia. "Given that the cathedral was open to all religions, I found that to be very open minded and accepting. It was one of my favorite spots for sure."

The tour of the cathedral was cut slightly short because their staff was preparing for the funeral of Matthew Shepard, a national figure who was lynched in 1998 because of his sexual orientation.

Next, the seniors toured and ate lunch at the Kennedy Center. Despite harsh winds, they were al-

lowed a great view of the city from the building's outdoor balcony.

After that, students explored the World War II Memorial, the Lincoln Memorial, the Korean War Memorial, and the Vietnam War Memorial.

They were then given free time to explore Roosevelt Island, followed by lectures by history teacher Jeff White at the 9/11 memorial near the pentagon and Air Force memorial about God's faithfulness through the tragedy. "The memorial for 9/11 stuck out," said senior Lyla Kooistra. "It was very surreal and sad to listen to."

On Thursday morning, the class departed for Mount Vernon.

The class then took a fairy ride to Alexandria for lunch and later departed for Arlington National Cemetery where students wit-

nessed a wreath laying ceremony with Poland's chief of military staff. "Arlington cemetery was very cool, it was amazing how respectful our class was during the ceremony," said senior Emma Miedema.

Thursday night, the seniors walked through D.C. viewing the Capitol building, the Library of Congress, and the White House, where protestors were singing about their opposition to the President. "They [the protestors] were being quite vulgar and could have been a bit more civil," said Garcia.

On Friday, students walked through Ford's theater and were then given the remainder of the afternoon to explore the city. Marc Hernandez who visited the Holocaust Museum, said "I learned a lot, but it was really depressing."

## New water source leaves bad taste for some students

Taylor Benes  
Reporter

Junior Nate Bakker has lived in Lansing his whole life. The taps at his home, as well as the ones at Illiana's old campus, run water from Lake Michigan. Illiana's move to Indiana has changed the water he and many other students are drinking at school.

By moving from Lansing to Dyer, leaving the Great Lakes Watershed, the new building's drinking fountains have switched from lake water to well water, and students are noticing.

"I miss the freshwater taste [at the Lansing campus]," Bakker stated. "I'd rather drink the rain."

The Lansing campus' water supply came from the Great Lakes Basin, a set of regions in the Northeastern United States and part of Canada.

People living in South Holland, Lynwood, Lansing, Thornton, Highland, Munster, Schererville, and a

majority of Dyer and Crown Point have homes that run lake water, while St. John, Cedar Lake, and Beecher run well water.

According to the International Water Law Project, towns can apply to be included in the Great Lakes Charter, an agreement allowing certain cities to access Great Lakes water. Only towns whose water flows back into one of the Great Lakes can be included, a measure meant to prevent the Lakes from being drained.

With nearly 70 percent of students living in the Great Lakes Watershed region, the change from lake water to well water affects many attending Illiana.

Numerous students have expressed their dislike for the new water.

"I grew up on Lake Michigan water, so this tastes like it came from the detention ponds outside," senior Brianna Besser said.

Sophomore Kate Ohm said, "The water tastes and smells like eggs. It is so gross."



# Regrets inevitable, beneficial

Many of us have seen pictures of tattoos that read “no regrets” (or “no regerts,” or “no regets,” or other unfortunate misspellings). The irony is obvious, but I wonder if the kind of person who would get such a tattoo actually would regret it afterwards. Would she cringe every time she saw

it in the mirror? Would she resolve to pay more attention the next time she made such a permanent decision? Or would it be possible for her to hold to her mantra and just accept it?

No one is proud of every decision they’ve made. We all mess up,



**Haleigh Olthof**

**Co-Feature Editor**

so we all have things to regret.

Here are a few of mine:

I regret pulling an all-nighter, even though I knew I don’t function well without sleep, on the last night of the Spain trip a couple summers ago. The next day I lost my phone on a flight I barely remember.

I regret letting a flyer fall in a cheerleading stunt last year. My split-second lack of focus resulted in her having a concussion.

I regret neglecting to spend much quality time with my grandparents and other family members. Now one of my grandmas has had a stroke and I’ll never be able to talk with her in quite the same way I could before.

I regret obsessing over a crush—someone I barely knew—freshman year and hanging my happiness on that person’s view of me. When that happiness wasn’t fulfilled, it made me upset and bitter toward that person for months, which was bad for me and unfair to him.

In the book “Everything, Everything” by Nicola Yoon, an elderly Mexican immigrant tells the main character, Madeleine, about how she left her family to come to America and that it was the freest she’d ever felt.

Madeleine says, “And you don’t regret it?”

The woman replies, “Of course I regret it . . . you’re not living if you’re not regretting.”

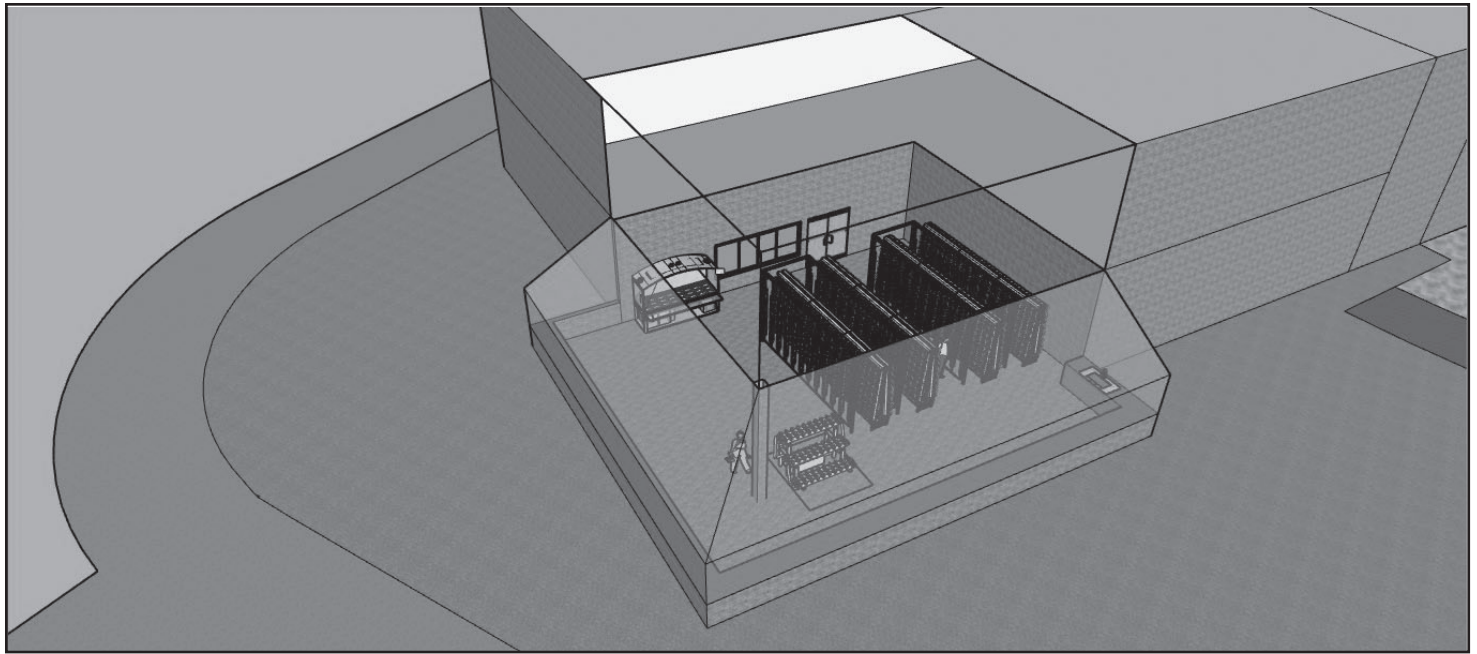
It’s impossible to live without regrets. So what do we do with them?

We can say, “No regrets!” and try to ignore them, rationalize our decisions, or minimize the effects of those decisions. But although it might be easy to think that we didn’t really mess up that bad, this approach also minimizes our responsibility for our actions. Refusing to admit that we made a bad choice prevents us from making a better choice next time.

But when we face our regrets, they can foster growth. They remind us that we are not perfect. And they help us to learn.

If I ever again decide to stay up for a whole night, I’ll make sure I don’t have to do anything the next day except sleep. At cheerleading practice, I stay focused on stunts and fight the instinct to step away when someone is falling towards me. When I’m with my grandparents and catch myself on my phone, I put it down and talk with them instead. And that guy I liked freshman year? He and I are friends now, and I appreciate his friendship more than I ever appreciated the version of him I saw from a distance.

Regrets are inescapable, and they can hurt like a bad tattoo. But when they shift our perspective, our “ragrets” can work for our good.



Drawing courtesy of Jim Kuipers

*Current plans call for a greenhouse to extend from the science wing in phase two of the new campus construction.*

## Science teachers pursue plans for greenhouse

**Maddie Holesinger**

**Co-Editor in Chief**

What if? What if Illiana could create something that would utilize the innovative and scientific minds of students while benefiting the broader community? Well, in phase two of the building process, this creation will come into existence. With the help of Dr. Jim Kuipers and Mr. Brian Sylvester, two of Illiana’s science teachers, Illiana will have its very own greenhouse complete with hydroponics, a process of growing plants in nutrient-filled water rather than soil.

The greenhouse wouldn’t only benefit the science department, but it would also benefit the art and business classes.

“The greenhouse would have multiple facets,” said

Kuipers. “For one, Biology, you can’t teach plants without having a greenhouse. Independent research would be the second. The third is that we would have hydroponics to the point where we are raising enough leafy greens to support [a local] food bank. That too has an academic, research, independent study. There would be a business aspect to it as well.”

Together, Kuipers and Sylvester, constructed this idea and have been doing research on the best way to build the greenhouse and utilize available space.

“Originally when the school was first drawn up, there was a plan for a greenhouse, but it was just really small, and I wasn’t really interested,” said Sylvester. But then Kuipers came on board when he found Freight Farms.

“That’s when I thought that this would be great because we could get the kids into hydroponics, grow food for the food banks, and use the food in the cafeteria.... The idea kept snowballing until we got to where we are at now.”

Kuipers did some hydroponics when he taught at Chicago Christian, but they lacked the space to do it on the scale he envisioned. On Sept. 24, Kuipers and Sylvester went to Michigan to check out hydroponics and greenhouses in schools there. They also looked at a company called Freight Farms, which takes shipping containers and converts them into hydroponic farms. One freight farm produces the equivalent to one and a half acres of land, about two to four tons of food per year, but the difference is that in the freight farm, plants can

be grown all throughout the year.

“So part of our thinking, instead of buying a shipping container, would be to just incorporate it in [our school] so it’s right there and accessible,” said Kuipers.

Doing so would be cheaper than buying a shipping container from Freight Farms. Hydroponics equipment alone cost between \$30,000-\$40,000, and Sylvester estimates about \$150,000 to get the greenhouse up and running. Until phase two, the plan is to create a hydroponics area in the area under the staircase across from Kuipers room and in an area in Sylvester’s classroom. The hope is that this will build curiosity and excitement, so that by the time phase two is ready, students will want to be involved with the greenhouse in some way or another.

## Holesinger advocates for trafficking victims

**Lauren Woo**

**Reporter**

All over the world people united for the March for Freedom on October 22 to fight for an end to modern day slavery. The march was organized by A21, an Australia-based nonprofit organization working to abolish slavery worldwide.

Maddie Holesinger, a senior at Illiana, attended the March for Freedom in

Chicago with her childhood friend Ellie Prince, a senior at Lake Central. The girls share a passion for the abolition of slavery and sex trafficking, so when they found out about the march, they knew they had to participate.

“We felt like we wanted to do something,” Holesinger said, “not just say we would do something.”

The march began at Moody Bible Institute and was 2 miles long. The

marchers wore all black and walked single-file, staying silent the entire time.

This drew a lot of attention. Holesinger said that people sometimes yelled at the marchers. But, Holesinger wasn’t angry at these people and said, “A lot of people are ignorant of the subject [slavery], like I was.”

There weren’t very many people involved in the march; about 75, but, Holesinger said that the

group was what she imagines heaven will be like. “There was no discrimination of age or race,” she said. She explained that there were people ranging from small children to adults. There were also a multitude of ethnic backgrounds represented.

“We all met on a common ground for a common purpose,” Holesinger said, “to be vital voices in the termination of modern day slavery.”

## STEM classes visit South Suburban, Kay Manufacturing

**Samuel Vargo**

**Reporter**

On Wednesday, Oct. 3, Mr. Brent Vermeulen and Mr. Jack Rudenga took their STEM classes to South Suburban College Oak Forest Center in Oak Forest, IL and to Kay Manufacturing Company in Calumet City, IL.

At South Suburban College they listened to a speaker from the international company Mi-Jack. After the presentation they split into groups and went to the Maker Space Lab where they worked with welding. After the lab, they came back together for another presentation.

At 12:15, they left and went to Kay Manufacturing Company.

Vermeulen said, “Kay Manufacturing did a better job than South Suburban did in helping my students get a better awareness of what a job in manufacturing is like.”

Kay Manufacturing which specializes in making car parts let the students work on different projects and see how some machines work. Both Vermeulen

and Rudenga hoped this field trip would help their students understand manufacturing and what that kind of job is like.

Rudenga said, “Manufacturing is no longer just an assembly line where you put a bolt here and a bearing there.”

Both teachers said that they believed the field trip succeeded in that objective.



# New traffic light to regulate Shoe Corner traffic by January

Sophia Thompson  
Reporter

It is 7:25 early Monday morning, and junior John VanRyn waits in the long line of traffic at 109th Street and Calumet Avenue. He waits for ten minutes before deciding to call his school, Illiana Christian, and let them know he is going to be late. This is not an unusual occurrence for VanRyn since Illiana has moved to Indiana. He frequently gets caught in traffic at that intersection. To fix this problem, Lake County, the Town of Saint John,

and Illiana have partnered to install traffic lights and make a turning lane. Each entity will pay one-third of the cost. The lights are expected to be up and running by the end of the calendar year. Illiana is paying between \$175,000 and \$200,000 for the new improvements, which were budgeted before the new school was built. The county required the school to help pay for the improvements as a condition for granting building permits. Mr. Peter Boonstra, the

principal, said, “We opposed the idea, but it wasn’t really up for discussion.” Although some students are excited for the lights to go up, other students think they are unnecessary. Senior Kyle Mulderink said, “The only reason there was traffic is because of the construction. Now that the construction is over, there isn’t going to be as much.” However, senior Callie Ritzma said, “I think it’s a good choice to put the lights in to ease traffic and make the trip to school more efficient.”



Photo by Kylie Boss  
Traffic extends thousands of yards from the intersection of Calumet and 109th during peak travel time. Such back-ups occur regularly to the north, south, and east.

# Smith speaks against abortion at Right to Life Banquet

Nina Verhagen  
Reporter

At the Right to Life Banquet on Thursday, Oct. 11, held at Avalon manor, speaker David Smith discussed the value of unborn babies. The banquet started with dinner and a performance by Illiana’s Chamber Singers. After the meal, David Smith talked about Planned Parenthood and the cruelty of abortion. He explained how every life has extreme value to parents waiting to adopt and to the Lord. Smith said, “Abortion is not a political issue. It’s a moral issue. We must absolutely affirm that the unborn child is a human life from the point of conception.” Sophomore Marissa Dykstra said, “I think [abortion is] really sad, because I’m adopted from China and my parents had the option to abort me.... I’m happy my parents let me live. So it’s sad how so many people choose to kill their babies.”



Photo by Jeff DeVries  
Biology teacher Mr. Brian Sylvester helps students lay out a grid of the pond so that they can accurately record the location of different water samples.

# Subsidies cover cost of free milk

DJ Gladney  
Reporter

The Illiana administration, beginning Nov. 1, will offer free milk to students. Illiana principle Peter Boonstra said that the school has received government subsidies that cover most of the cost. In order to encourage nutritious food, the school will cover the cost. Mr. Boonstra says that the



Photo by Kylie Boss  
Crates of free milk greet students in the lunch line daily.

free milk policy will serve as an experimental plan to see how students will react to it. He says if students fail to take advantage of it or do things like steal milk, then he will shut down the free milk policy. As long as the students cooperate, then free milk should be here to stay.

# Detention pond plants die, engineers recalculate

Madison Cponis  
Reporter  
Haleigh Olthof  
Co-Feature Editor

Engineers are working to resolve issues with the detention ponds covering 1.25 acres (54,450 square feet) at the east of Illiana’s new campus; the ponds currently hold unexpected amounts of water which have caused the death of filter plants. In order to build on this property, the school took responsibility for the water that naturally drains onto the property from 120 acres of adjacent farm land, in addition to drainage from Illiana’s own 37-acre campus. Lake County required the ponds to manage this drainage. Vice Principal AJ Turkstra said that the school didn’t know all of these details at first; “we just knew we wanted this property.” Water flows through the smaller quarter acre pond, then through the acre pond, exiting through a drain to the north. Unlike retention ponds

which retain water permanently, these detention ponds only filter it before releasing it. Engineers at the company V3 designed each pond to hold 4 to 8 inches of water. Currently, the larger pond holds 12 inches of water and the smaller holds 24 inches. “Plug” plants, chosen for a marsh environment, are used to filter the water. The school spent \$30,000 to \$40,000 on the plants, but 80% died due to the pond drying out in the summer and how high the water levels are. The V3 engineers as well as the county are now working to resolve the problem. Vice Principal Turkstra mentioned that he wanted to use the ponds for educational purposes, including the study of plants and animals by science classes, so a bridge and boardwalk may be added. Teacher Brian Sylvester’s advanced biology classes have already measured how deep the pond is at different points and have taken a topography test of the bottom as well as pH and temperature measurements.

# Board seeks Lansing campus buyer

Benjamin Wheeler  
Reporter

In the midst of the excitement of the new campus, Illiana’s school board continues to seek a buyer for the old campus in Lansing. Principal Peter Boonstra said, “We are in the process of selling it, and we have been reducing the price by a lot, but we hope the building will not have to be demolished.” The building will be de-

molished if no buyer emerges. The school could then sell the vacant land. The administration is hoping to get free of the old building by the end of 2018. However, if it does not sell, they may have to auction off the land. The current price for the building is \$1.5 million. Senior Corey Schoon recently visited the old campus to move some Drama Department equipment. He said it was very empty and was “depressing.”



# The long, slow goodbye

## *One family's painful struggle with Alzheimer's*

Liz Van Drunen  
Co-Feature Editor

The house is eerily quiet when Ruth\* walks in carrying groceries. She drops them in the kitchen, where dirty plates and unopened mail pile high, and passes through the hall where a metal bar has been screwed in along the wall. The closer she gets to the bedroom, the sadder she becomes, but the bigger the fake smile on her face grows. When she walks in, Elaine is sitting in bed watching the TV, so quiet and content that no one would ever guess that she doesn't know what day it is, or how to drive, or even all the names of her grandchildren.

Ruth's mother started showing signs of forgetfulness five years ago. At first it was little things like forgetting her wallet or keys, but it soon developed into forgetting the stores she had shopped at and the people she had once known.

"You don't know if it's just forgetting things or something more serious," said Ruth as she sat at her

kitchen table one house down from her mother's. "My dad had been complaining for a while that something was wrong, but

Ruth wasn't shocked. She had known something was very wrong with her mother ever since she had her over for dinner one night.

"[The medications] aren't a cure but they are supposed to slow down and ease the effects of the Alzheimer's." This new life for Elaine

said Audrey.

The times of board games and baking days have passed. The TV and the pool table in the basement collect dust because the grandkids haven't been over in six months. No longer does Elaine read stories to the grandchildren or watch them swim in the pool. Now, a good day is if she can remember their names or even recognize them.

"There are times when I want to invite her to a play or have her watch a basketball game, but I know it's impossible. I know she doesn't understand and that's hard on her, so I just don't want to expect above what's reasonable," said Audrey.

Audrey added, "The hard part is trying not to be jealous of my older cousins or siblings since I'm the youngest out of all of them. They have all had these experiences with her that I'll never be able to have. She was there for their weddings, graduations, and other accomplishments, but she won't be there, at least mentally, for all of my things."

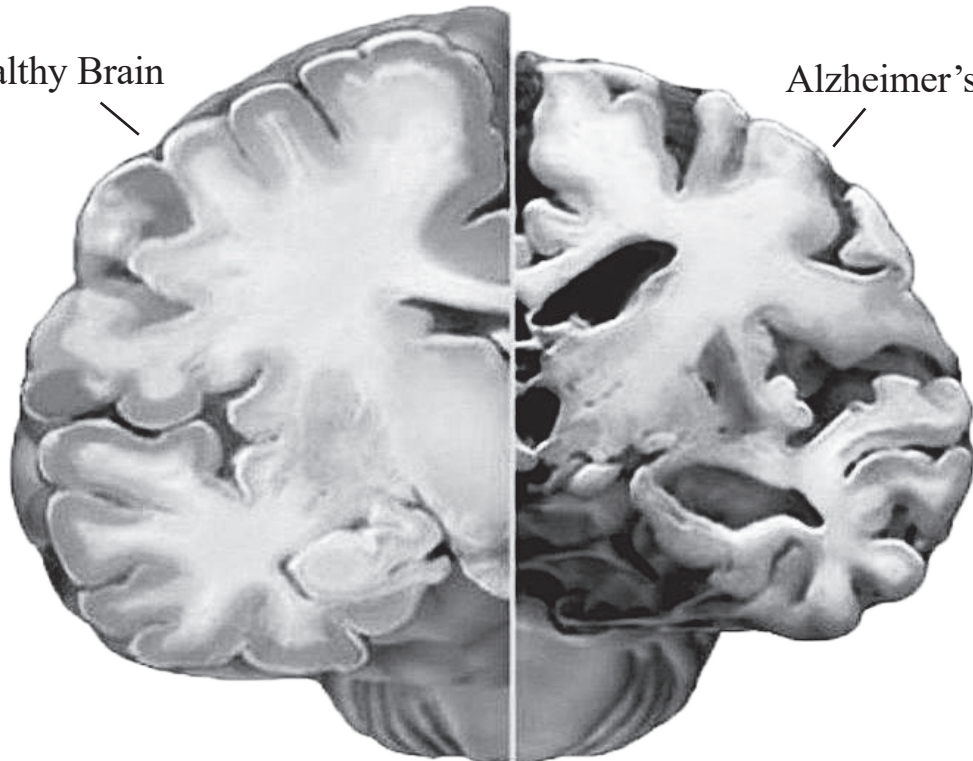
Her school picture still sits on the china cabinet, which hasn't been used in years. There's no need to since the family stopped having Thanksgiving there years ago. Audrey can still remember the old family parties. Smells of homemade rolls wafting from the kitchen and the sounds of a football game from the room next door, as the entire family gathers in the dinner to pray. It's been years since then.

This is the second case of Alzheimer's in Ruth's family. First, it was her grandmother and now her mother. She says she worries a lot that one day she may be in the same sinking ship as her mother and that no matter how much water you try to bail out there is nothing one can do to stop it. She's worried about putting her kids through the same pain, that she's had to deal with the last five years.

"It's huge. When you lose your mother, in a lot of ways you lose a part of your own life and yourself," Ruth said.

*\*All names have been changed to maintain the family's privacy.*

Healthy Brain



Alzheimer's Brain

According to the National Institute of Aging, "In Alzheimer's disease, as neurons are injured and die throughout the brain, connections between networks of neurons may break down, and many brain regions begin to shrink. By the final stages of Alzheimer's, this process—called brain atrophy—is widespread, causing significant loss of brain volume."

Photo courtesy of [www.medicalxpress.com](http://www.medicalxpress.com)

we just pushed it off."

After months of confusion and questions, Ruth realized that there was a problem, so she contacted a doctor at Northwestern Medical Clinic and set up MRI's, physicals, and additional tests for her mother. Soon after, Elaine was diagnosed with Alzheimer's.

That night, Ruth's sister, Kate, had just been admitted into the hospital because of an accidental insulin overdose that left her in a coma, and after a long, stressful day at the hospital Ruth invited her mother over.

Ruth said, "We were sitting at the kitchen table going over the day, and she looked at me and said, 'I wonder if Kate will ever get married again?'"

Kate had just remarried the year before. This was the indicator that Ruth needed to take action.

"It wasn't scary at first. In the beginning," Ruth said, "you still have hope that maybe things will get better, but I lost a little bit more of that hope after every appointment I went with her to. When they finally diagnosed her, it was just another part of life."

Elaine was brought in the hospital and placed on multiple medications to help her illness.

"They described it to me like a downhill roller coaster. The medications would bring the cart back up to the top of the track but no matter what the cart will still go down hill," said Ruth.

has affected her whole family. Besides Ruth, Elaine's other daughters and son-in-laws are constantly at the house, bringing groceries, doing laundry, or screwing balance bars in the wall.

"It's hard to adjust to it all; losing your mom in that way. She's still there of course. You have to accept the relationship you have now, but it's very different. Any kind of interaction, I have to initiate with her. You miss just having her to talk to," said Ruth.

"The grandkids' relationships with her have changed as well. It's not as easy to go to her house and spend time with her. All conversations are stilted."

Ruth's daughter Audrey was ten and confused when her grandmother was diagnosed. She didn't realize what the big word meant or why it caused so much pain to her family. After 5 years, she now understands better the effects of the disease and what it has done to her grandma.

"It's hard because I can't talk to her as easily. I don't know what to ask about her life, and she doesn't know what to ask about mine,"

## 10 Early Signs and Symptoms of Alzheimer's

*Provided by the Alzheimer's Association website.*

1. Memory loss that disrupts daily life
2. Challenge in planning or solving problems
3. Difficulty completing familiar tasks at home, at work, or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



# Recipes inspire fall fun

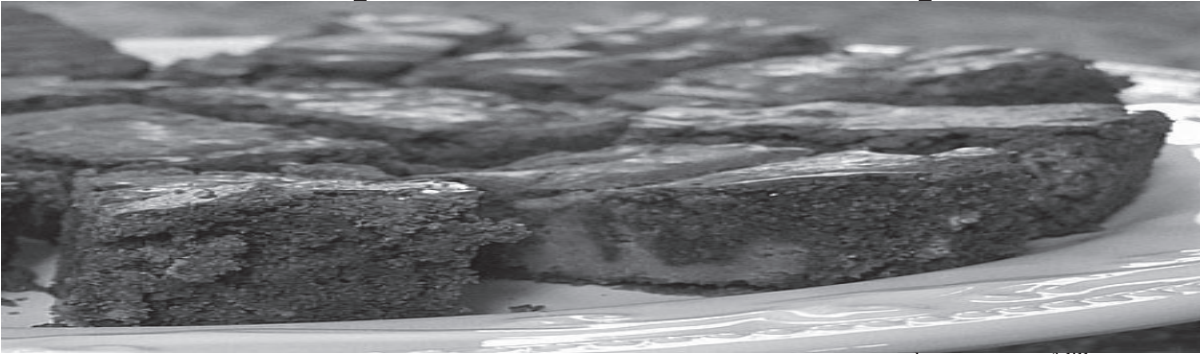


photo courtesy of lilluna.com

## Pumpkin Chocolate Brownies

- Time : 1 hour
- Ingredients :
- 1 tbsp unsalted butter
  - 3 oz cream cheese
  - 2 cups granulated sugar
  - 5 egg
  - ½ cup canned pumpkin puree
  - 2 tsp pure vanilla extract
  - ½ tsp ground cinnamon
  - ½ tsp ground ginger
  - 2 ⅓ tbsp flour
  - 5 ½ oz chocolate chips
- Step 1 : Preheat oven to 350 degrees.
- Step 2 : Lightly butter a baking dish.
- Step 3 : Prepare pumpkin batter by beating butter, cream cheese, sugar, egg, pumpkin puree, vanilla, cinnamon, ginger, and flour until smooth.
- Step 4 : Prepare chocolate batter by combining chocolate chips, and butter

- into a pan. Add in water.
- Step 5 : Put chocolate batter on stove until melted.
- Step 6 : In a separate bowl add egg, sugar, vanilla and salt. Beat until light and fluffy. Pour into chocolate mix.
- Step 7 : Spread chocolate batter evenly in pan.
- Step 8 : Drop pumpkin batter on top of chocolate batter.
- Step 9 : Bake for 30-40 minutes.

## Caramel Apples

- Time : 55 Minutes
- Ingredients :
- 8 apples
  - 4 bags soft caramels
  - 3 tbsp heavy cream
  - 8 lollipop sticks
- Step 1 : Wash and dry the apples.
- Step 2 : Press a lollipop stick into the middle of each apple.
- Step 3 : Place the caramel squares into a pan on low-medium heat.
- Step 4 : Mix heavy cream (whipped cream with a higher milk content) into the pot with the caramel squares. Lower the heat.
- Step 5 : Dip the apples into the caramel mixture.
- Step 6 : Put the apples in the fridge for 15 minutes



photo courtesy of justataste.com

## Pumpkin Spice Chex Mix

- Time : 15 minutes
- Ingredients :
- ¼ cup brown sugar
  - 2 tsp pumpkin pie spice
  - ¼ cup butter
  - 2 tsp vanilla extract
  - 2 cups cinnamon chex cereal
  - 2 cups honey nut chex cereal
  - 2 cups chocolate chex cereal
  - 8 oz whole pecans
- Step 1 : Mix chocolate chex, honey nut chex, cinnamon chex, and pecans into a bowl.
- Step 2 : Melt butter and vanilla extract.
- Step 3 : Pour butter mix onto the cereal mix.
- Step 4 : Add pumpkin pie spice mix, and brown sugar into the bowl.
- Step 5 : Microwave for 5 minutes.

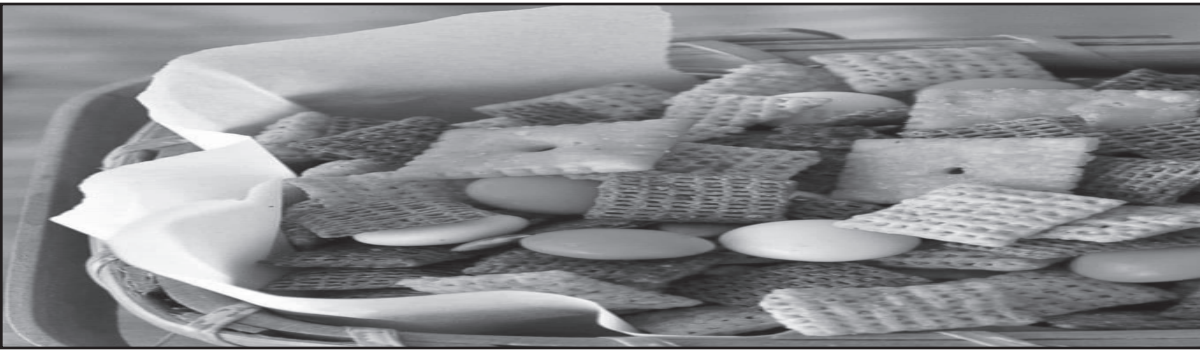


photo courtesy of cookingwithlibby.com

## Fall Harvest Chex Mix

- Time : 1 hour and 15 minutes
- Ingredients :
- 3 cups wheat chex
  - 3 cups rice chex
  - 3 cups cheez-its
  - 1 cup pumpkin seeds
  - 6 tbsp butter
  - 2 ¼ tsp seasoned salt
  - 2 ¼ tsp worcestershire sauce
  - ¾ tsp garlic powder
  - ¾ tsp hot pepper sauce
  - 2 cups M&M's
- Step 1 : Preheat oven to 250 degrees.
- Step 2 : Combine wheat chex, rice chex, cheez-its, and pumpkin seeds into a bowl.
- Step 3 : In a separate bowl combine melted but-

- ter, salt, worchestire sauce, ⅛ of garlic powder and ⅛ of hot pepper sauce.
- Step 4 : Drizzle butter mixture over cereal mixture.
- Step 5 : Spread the mix onto a baking sheet.
- Step 6 : Bake for 1 hour then add M&M's.



photo courtesy of tidymom.net

# Such starstuff as dreams are made of

*“Peter and the Starcatcher” cast, crews promise laughter, adventure for all ages*

Kade Bouwer  
Co-Sports Editor

Adapted from Dave Barry and Ridley Pearson’s novel, “Peter and the Starcatchers,” this year’s fall play takes an audience on a comical journey through the early life of Peter Pan as he, with the help of Molly, works to protect himself and a magical substance called starstuff from evil hands of a

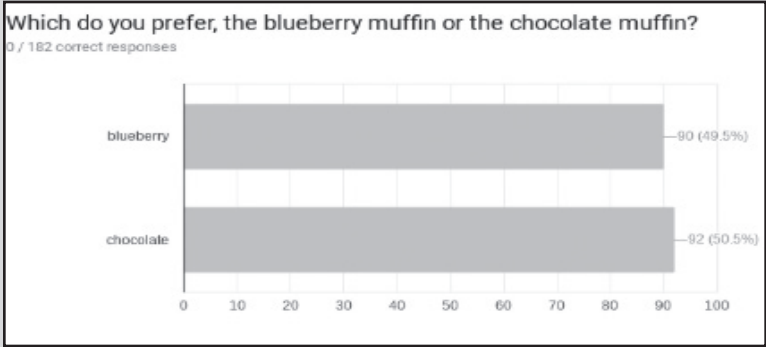
pirate named Black Stache. Senior Isabelle Neibert said, “It is a prologue of the Peter Pan story on how Peter Pan became Peter Pan and how other characters became who they are like Captain Hook, the Lost Boys, and Tinkerbell.” In this play, unlike a usual Illiana play production, there will be music. Senior Ben Wiersema said, “[Peter and the Starcatcher] is still a play, but there is some music

in it. There is music in the background which has caused some timing issues...It’ll all come together though and it’ll be a good show.” Peter and the Starcatcher will be showing on Thursday, Nov. 1, Friday, Nov. 2, and twice on Saturday, Nov. 3. All three days have a night performance at 7 p.m. Saturday also has a matinee showing at 2 p.m. “[Peter and the Starcatcher] is one of my favorite plays that I’ve ever been in at Illiana. It’s really funny and people from all ages will enjoy it,” said Wiersema.

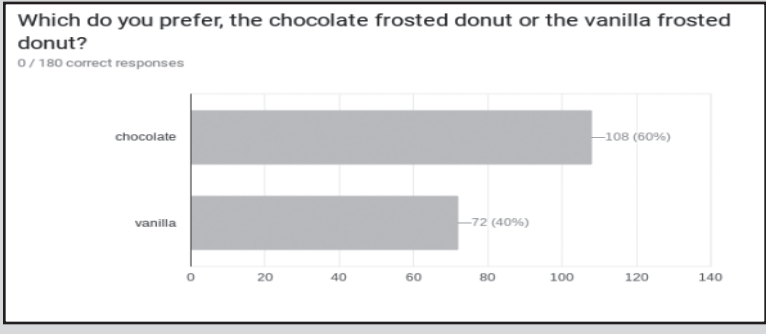
## Common Grounds Throwdown

*Student survey reveals a tight race between the muffins, but donuts have a clear winner in preference*

Chocolate versus blueberry muffins - Which is better?



Chocolate versus vanilla frosted donuts - Which is better?





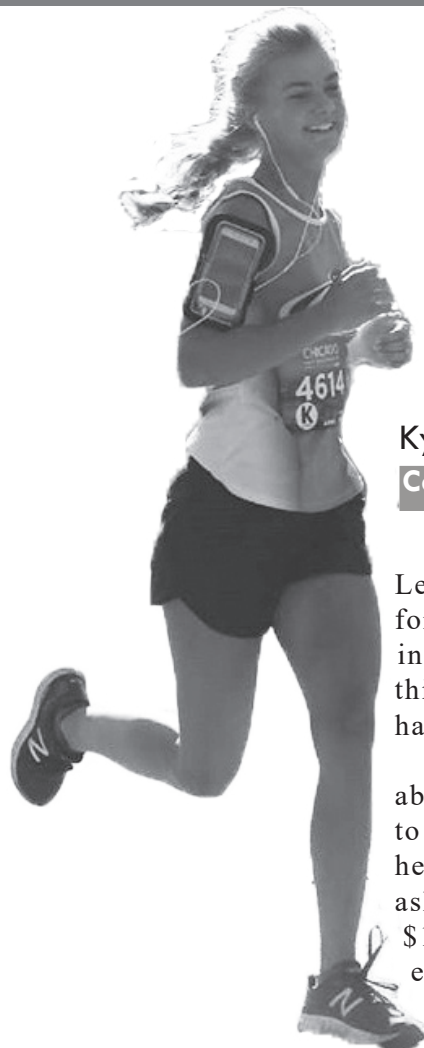


Photo courtesy of Anna Lenting

# Lenting runs half marathon for World Vision

Kylie Boss  
Co-News Editor

On Sept. 24, junior Anna Lenting ran a half marathon for World Vision. According to Lenting, this is the third half marathon that she has run for World Vision.

Lenting said she was able to get World Vision to sponsor her through her church. World vision asks runners to raise about \$1,301, which is \$100 for every mile, and the money raised goes towards pro-

viding third world country families with clean water, said Lenting.

“Knowing that I’m sitting here and complaining about going for a run when there are people that don’t even have clean water makes me want to do it even more,” said Lenting.

To prepare for the race, Lenting starts training in July, giving herself three months to train for the 13.1 mile race

“My mom did it about four years ago, and I saw

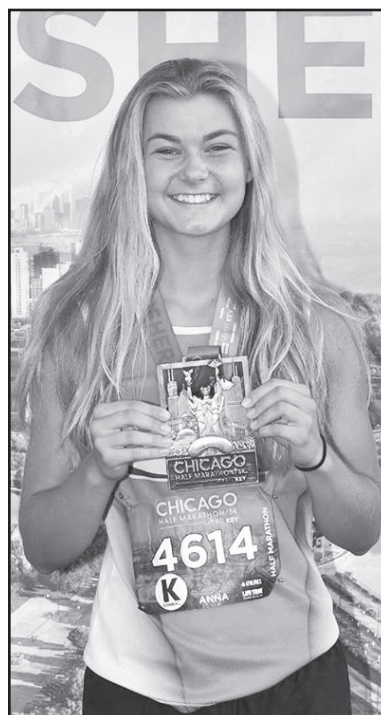


Photo courtesy of Anna Lenting

*Anna Lenting smiles wide, posing with her medal, after finishing the half marathon.*

her do it and thought that was a really cool cause,” said Lenting.

# Junior high athletic events display Illiana’s facilities

Cate Peerbolte  
Co-Sports Editor

Every year, Illiana hosts athletic tournaments for students from Illiana’s feeder schools.

Athletic Director Ms. Kamp said, “Illiana hosts eight Jr. High athletic tournaments each year. Boys and girls, seventh and eighth grade volleyball tournaments. Boys and girls sixth, seventh, and eighth grade basketball tournaments. We also organize two cross country races.”

Illiana hosted the girls Jr. High volleyball tournament on October 12 and 13. The eighth grade tournament was held on the Friday night of October 12. The seventh grade girls played on Saturday, October 13.

The volleyball tournaments require some set up and take down but Kamp explained that is isn’t as much work as high school games because our athletes help with the work.

Kamp said, “We host Jr. High athletic tournaments to promote Illiana by getting potential students with their families onto our campus to have a positive experience.”

Kamp said that out of Timothy Christian High School, Chicago Christian High School, and Illiana Christian High School, Illiana is the only one hosting these types of tournaments. She explained that Chicago Christian has previously hosted two track meets each year, but this year Chicago Christian and Illiana will each host one.

Kamp added, “We are happy to invite young students into our facility and give them a chance to see what Illiana is like.

# Illiana students hit gridiron for Calumet Christian

Cate Peerbolte  
Co-Sports Editor

Coy DeJong and Ethan Verhagen, juniors at Illiana, play football for Calumet Christian School in Griffith, Indiana.

Verhagen explained that this is the first year Calumet Christian has a football team. DeJong said, “The majority of the team is actually home-school students. There are also five players from Campagna Academy and five from Calumet Christian.”

Verhagen said, “It is a good group of kids on the team. We all get along well and have a good time together.”

The team practices from 4 p.m.- 6 p.m. every Monday, Tuesday, Thursday, and Friday, at Campagna Academy’s field in Merrillville. All of the games are played on Saturdays.

Verhagen said, “We play against other homeschool teams that are often over 2 hours away. We mostly play schools in Indiana but we have also played in Ohio and Michigan.”

Athletic director Mr. DeBoer said, “I had nothing to do with granting the permission to play. They did not ask, nor did they need to because it is a homeschool team not associated with the IHSAA.”

Verhagen added, “Playing for Calumet Christian is a great experience, and I am hoping that more Illiana students will join.”



Coy DeJong and Ethan Verhagen meet at center field for a coin toss before a game.

Photo courtesy of Coy DeJong

# Despite rumors, Illiana never considered football team after move to new campus

Grant Gibson  
Co-Feature Editor

It is Friday night, and across the nation high school football teams prepare to take the field. At Illiana, the stadium lights look down upon the field with anticipation. The winds howl and roar as blades of grass battle it out, jutting from side to side, moving in perfect team coordination. But alas, Illiana’s field stays empty.

Athletic director Deb Kamp gave multiple reasons for the lack of a football team. The Illiana community has never spoken in a strong, collective voice asking for football within the past thirty years, Kamp said. The lack of interest may have

to do with where Illiana students come from and where they go after graduation.

“When junior highs [Illiana’s feeder schools] don’t play below you and the majority of Christian colleges don’t play above you,” it becomes hard to get students playing, said Kamp.

Kamp also said that better concussion research is scaring prospective players away, according to National Football Academies.

Junior Coy DeJong, however, said, “Soccer is more dangerous than football, concussion-wise.”

The Washington Post reported that “football... was fourth on the list of concussion as a percentage of total injuries, behind girls’ soccer, girls’ volleyball and girls’ basketball.”

DeJong, who plays for Calumet Christian High School’s Patriots football team with junior Ethan Verhagen, claims that Illiana could have received free equipment from LaPorte High School, in LaPorte, Indiana, but Illiana turned it down.

Verhagen said that his dad, because he knew the coach at LaPorte High School, extended an offer to Illiana to take the equipment that they turned down.

Echo reporters followed up with both the school administration and the athletic directors, and both deny that any such offer was ever made.

Kamp can only recall one small push for a football team fifteen years ago, but it “did not get much support from students, parents, administration, and the school board.”





Photo by Dave Gibson  
*Sophomores Sydney DeJong and Dee Smith pace each other at the Portage Invite.*

# Sports Highlights

## Despite small team, girls cross country performs well

Alex Wondaal  
Co-Editor in Chief

Despite coaching her second smallest team in 31 years, coach Deb Top said it was “the best team I’ve had in a long time.” The six runners, Cate Peerbolte, Maddie Holesinger, Dee Smith, Sydney DeJong, Liz VanDrunen, and Caylynn Townes, ended their season with a 26th place finish out of 40 teams at the Lockport Invitational. Thank-

fully, the group didn’t suffer any injuries and therefore always had all five runners needed to score in a meet. Coach Luke Fennema said the low numbers were a blessing as well as a curse. “[The small team] was easier to manage and we could give more attention to individual runners,” said Fennema. Sophomore Dee Smith said she was most proud of her team for “growing closer as friends and

encouraging each other.” Top and Fennema both mentioned the team struggled because of a lack of training in the summer. However, according to Top, that led to large improvements within the season. “I was proud to see real improvements in positivity,” said Top. “Goals were set and then achieved which is one of the things I’m proudest of as a coach.” Top also said the shortened season in Indiana made training more difficult. “We had to adjust our training plan so that we could peak earlier and therefore ran fewer miles,” said Top.

## Boys cross country races past competition in Indiana

Liz VanDrunen  
Co-Feature Editor

The boys cross country team finished its season on Saturday, Oct. 6, by taking eighth out of thirty-five teams at the Portage Invitational in Portage, Michigan. The team’s top five runner finished the 5k race with times of 18:13 minutes and below.

The team has consistently placed well in its meets this season. The team will lose six of its fifteen runners next year as the seniors graduate.

Senior Caleb Perez said, “I hope that the younger kids remember what they are running for and they know that it’s all to give glory back to God.”

The team’s end of season tradition was altered this year because of the move to Indiana. In the past, the members of the team advancing to the post-season would bleach their hair. Because of Illiana’s current standings in the IH-SAA, no sports teams are able to participate in post-season games. Some runners believed that because of this, they shouldn’t bleach their hair or only the fastest should.

Perez said, “People were over dramatizing the hair bleaching. We decided that we didn’t want to break tradition and still have fun.” The team decided to let any runner who wanted to bleach his hair do so. All but four of the runner ended up dying their hair.

Perez said, “No postseason; no rules.”

## Girls volleyball team falls short of expectations, ends season with losing record

Natalie Togtman  
Co-Arts Editor

The Illiana girls varsity volleyball team finished its season with a record of 16-17. Unfortunately due to the move of the campus, the girls did not play in a conference nor were

they in any state tournaments. Senior Mackenzie Lich said, “I thought it would feel different not being able to play any conference games but it doesn’t feel too weird.” Some strengths showcased by the team this season included blocking, hitting, and strong leadership.

Freshman Kylie Martin said, “Our seniors were really awesome leaders this year. They always made sure to pull the team together when we needed them too.” However Martin added that sometimes the team lacked motivation to play knowing there would be no conference games

to play. Martin added, “Our biggest weakness was anytime we would take a lead in a game we would start to get lazy. We began making little mistakes.” Lich said, “I had a lot of fun playing new schools such as Lake Central or Bishop Noll. It was a lot of new competition.”

## Cheerleading dominates competition, looks forward to postseason tournaments

Kylie Boss  
Co-News Editor

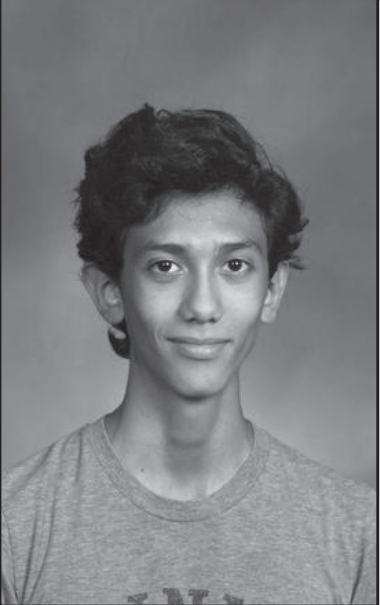
The cheerleading team has done well at all of its competitions this year, placing first or second at every meet. According to senior Kaley Gutierrez, the cheerleading team is only able to compete at tournaments and state competitions this year because, in the state of Indiana, cheerleading is technically not considered a sport. That technicality, however, has been convenient for the team, for they are able to compete unlike other sports, said Gutierrez. The team also competes

against other teams not around here, according to Gutierrez, because many schools in this area don’t have a cheerleading squad. “There’s a lot [fewer] teams that compete,” said Gutierrez. Cheerleading now also has two teams, according to freshman Jillian Hoeksema. Competition team runs from tryouts in March until basketball season. Then basketball team starts and runs through the end of basketball season, said Hoeksema. Despite the two teams, Gutierrez said the girls are really close, and everyone works together really well. “We’re like a big family,” said Hoeksema regarding the team.



Photo courtesy of illianachristian.org  
*Cheerleaders smile after taking home first place at the Clinton Central Cheer Championship.*

### Male Athlete of the Month



Senior Caleb Perez began his freshman year as the second slowest runner on the entire cross country team. Now he is the number one runner. His teammates have even given him the nickname, “Bubbles,” because he keeps rising to the top. Perez has also been a steady senior leader on the team. “He always leads the team. He tells us what the workout is and he always pushes us to better,” said freshman Logan Boersma. Perez said, “I think I set a good example in terms in how much work you should put in and by directing and taking charge when there needs to be a leader.”

### Female Athlete of the Month



Senior Mackenzie Lich-Eenigenburg has had a monster season this year for the girls volleyball team. With a team high in kills, 288, and in the top three in sets to kill, 283, and blocks, 88, she has certainly been a force on the court. Lich-Eenigenburg also earned all-tournament in the Rich East Invitational and the Lincoln Way Central Invitational. She not only leads the team on the court, but off the court as well. Sophomore Kacie Van Kalker said, “She always knew how to handle a situation. If we were struggling with something, she would always calm us down, tell us what to do, and how to fix it.”



# Editorial

## Kavanaugh hearings have no winners, only losers

The confirmation hearings surrounding Brett Kavanaugh created a disappointing period of American Jurisprudence. Ironically and regrettably, in our nation’s search for the best judge to serve on the highest court in the land, America suffered thousands of years of judicial regression, forgetting and ignoring everything we’ve learned about what a justice system should do. It should pursue truth, not pursue, or defend, political power.

Kavanaugh, an alleged rapist, was treated as guilty by those who didn’t approve of his originalist views -- before any kind of fair trial. People occupied the streets of Washington chanting “Believe women” despite a lack of corroborating evidence.

Likewise, Dr. Christine Blasey Ford, an alleged victim of rape, was smeared and declared a politically motivated liar before she even reached the Capitol. After her ex-boyfriend wrote a letter denying many of her claims, supporters

of Kananaugh treated his words as gospel despite his witness being no more certifiable than Ford’s.

On both sides, the pursuit of political power was put before the pursuit of truth.

The United States Senate, and America at large, should be above such small-minded political battles. Founded in the midst of

stated in the Magna Carta.

The beginning of rights for people on trial is documented in scripture, specifically Deuteronomy 19 which mandates that before an alleged criminal is convicted, there must be at least two people to corroborate that a man or woman is guilty. The book of Numbers mirrors that idea stating in chapter 35 verse 30b: “no one is to

into words and guaranteed for citizens.

Around 600 years later in Feudal England, the Magna Carta was written to guarantee that no one was above the law. No caesar or king was granted the right commit criminal behavior without just consequences.

Finally, in 1787, the framers of our Constitution looked at all of the progress made and saw that it was good. It was a culmination of the best ideas from the western world from the last 6,000 years. However, in 2018, the U.S. Senate and America at large regressed 6,000 years, returning to caveman-esque tribalism where winning the day comes before finding the truth. Our clubs and stones were replaced with hashtags and anger. In a free and civil nation, that can’t last.

Pesky old ideals like truth and justice have to come before the pursuit of political power. Opinions on Kavanaugh and Ford aside, his nomination was a sad day for American jurisprudence.

“Pesky old ideals like truth and justice have to come before the pursuit of political power.”

the enlightenment, America should be about learning and applying lessons learned from all of Western history. For the justice system, that means learning from the books of Deuteronomy and Numbers, the best ideas about law the Romans encapsulated in the Digest, and the guarantee that all people were subject to these important ideas about law as

be put to death on the testimony of only one witness.”

A few thousand years later the Romans began to catch on. In sixth century Roman law, denoted in the book of Roman law called The Digest, it was written that “the burden of proof is on the one who declares, not on one who denies.” This was the first time presumption of innocence was put

## Pursuing human rights for those unrepresented

Life, liberty, and the pursuit of happiness. These, according to the Declaration of Independence, are my fundamental rights as a human being. They are rights that are “unable to be taken away from the possessor.” \*Yet, around the rest of the world, more than 40 million slaves generate around



Maddie Holesinger  
Co-Editor in Chief

\$150 billion in illegal profits per year. These slaves are stripped of their rights, their dignity, and their humanity.

Such daunting statistics are enough to make anyone feel powerless, but we

do have the ability to take a stand, to be a voice for the voiceless. If one person cannot change the world, still one can change the world for one person. The one woman who will never be drugged, raped and forced into the sex trade again. The one little girl who is freed from life as an unpaid domestic servant, to go to school. The one little boy liberated from eighteen hour work days untying nets to be reunited with his grandpa. The one person sought out and freed because of money raised by people like you and me for organizations like A21 and the Dressember Foundation. Such real stories of hurt and abuse aren’t just stories. For the people enslaved, they are their reality.

We can be the generation of change. We have so many opportunities and organizations out there advocating for change already.

One organization that has specifically empowered me to step up is called “Dressember.” Blythe Hill founded Dressember because when she read about modern day slavery, she felt that same fire I feel when I look at the statistics. She didn’t know how to contribute to the cause because she didn’t have a degree that would directly involve her in the fight; however, her interests and talents were in fashion, so she took what she was good at and made it a statement that would impact thousands. In 2009, she challenged herself to wear a dress every day during the month of December, and slowly it piqued others’ attention. Soon her friends joined her, then their friends joined, and it grew and gained so much attention that by 2013 it became an international campaign to aid the fight against sex trafficking. Wearing dresses in December isn’t too common, so doing so becomes a conversation starter.

So, my challenge for everyone is to take a step and be the change. Participate or donate to this cause or one of the many other organizations out there. If you want to join me and advocate during the month of December by wearing a dress or (if you’re a male) a tie, go to dressember.org and sign up under my team “Generation of Change.” All the money that you raise through Dressember goes straight to anti-trafficking grants which aid organizations that partner with Dressember to create actual change. Dressember partners with 12 organizations including International Justice Mission (IJM) and A21. Your donations will go towards rescuing victims who have been forced into the sex trade, serving justice by collaborating with authorities to build cases against traffickers, and restoring lives by giving survivors access to therapy, housing, and educational opportunities.

\*All statistics have been taken from www.ijm.org/slavery.

### the Echo)))

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Alex Wondaal

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Haleigh Othof

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Grant Gibson  
Liz VanDrunen

#### Arts

Natalie Togtman

#### Sports

Kade Bouwer  
Cate Peerbolte

#### Photos

Grant Gibson

#### Advisor

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Editorials, unless otherwise stated, have been written by an editor and reflect the opinion of the majority of the Echo staff. Opinions expressed are not necessarily that of the administration, faculty, or student organizations.

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.

Test your comprehension skills with our October issue.

### Echo Trivia

1. True or False, Illiana’s cheerleading team has yet to place lower than second place at any tournament.
2. Who said of the new well water, “I’d rather drink the rain”?
3. Did Anna Lenting run a 5K, half marathon, full marathon, or ultra marathon?
4. True or false, Illiana was offered football equipment from La Lumiere High School.
5. What will make this year’s play different from past plays?
6. What will happen if students steal milk?
7. Are the small bodies of water outside of Illiana detention ponds or retention ponds?
8. Who spoke at the Right to Life Banquet?

1. True: 2. Nate Bakker: 3. half marathon: 4. False: 5. musical accompaniment: 6. free milk privileges will be revoked: 7. detention: 8. David Smith

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