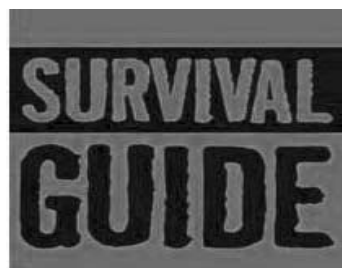


Read about
Colin DeYoung
and Sydnee
VanBeek, the
athletes of the
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the Echo

Illiana Christian High School



Tips on
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Volume 70 Issue 1

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Lansing, Illinois

Dual credit program to continue with new partner

Beth Boonstra
Reporter

Starting next semester Illiana is completely transforming its dual-credit program by partnering with Colorado Christian University after its collaboration with Trinity Christian College fell through.

With Trinity Christian College Illiana previously offered three dual-credit courses, Honors Psychology, Honors US History, and Advanced Biology, but two of the dual-credit courses have been cancelled due to lack of student enrollment and Trinity-approved faculty.

Trinity could no longer send their professors to teach at Illiana and would only accept our teachers for the course if they had a master's degree in the class subject, but Colorado Christian University accepts our own teachers with either a master's in the class subject or ten years of teaching experience in that class.

Mr. Jeff White, teacher of the only remaining dual-credit course, Honors US History, said that he believes the new program will "offer us a lot more independence to align the course with the Illiana curriculum."

Honors US History will begin next semester and, if things go according to plan, give students credit at both Illiana and Colorado Christian University, from where credits can be transferred to other colleges.

Junior Jordan Brookins was one of seven enrolled in Honors Psychology before the dual-credit course was cancelled. Brookins said, "It was a disappointment because I plan to major in psychology in college."

Principal Peter Boonstra said, "Even though our dual-credit program is struggling right now, I think that it has been a fairly successful experiment so far, and I am hopeful that it will actually expand through Colorado Christian University."

Administration serves up new lunch program Prepared lunches available all week

JP Peerbolte
Reporter

The Illiana PIE Board has introduced a new lunch program that provides students with more lunch choices and the opportunity to buy

lunch every day of the week.

Vice Principal, Mr. AJ Turkstra, said, "Since I became vice-principal in 2011, Mr. Boonstra and I both have been pushing our lunch program to start doing more than the one day."

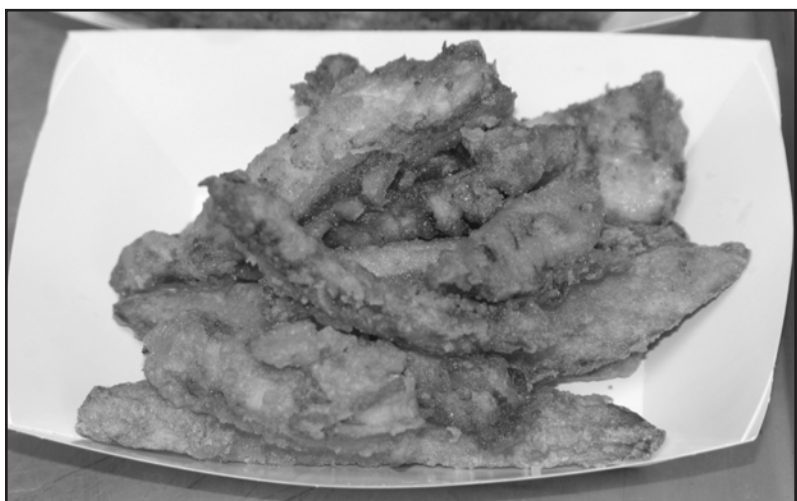


Photo by Hannah VanderWoude

Chicken and potato wedges from Jimbo's are now served on Tuesdays.



Photo courtesy of Illiana Facebook page

Illiana Spanish students pose in front of the Royal Palace in Madrid.

Illiana students embrace Spanish culture

Victoria Sonowo
Reporter

Mr. Thomas Knapper and 12 students embarked on a two week trip to Spain in June.

While there they visited various cities including Madrid, Toledo, Segovia, and Barcelona. Knapper and the students studied various geographies and architectures, and

they immersed themselves in the Spanish culture. .

Knapper said, "Everything in Spain is so much older. Things that are 2000 years old are still appreciated up till today." Knapper also said that going on this trip changes students by showing how people from a different culture live on a day-to-day basis.

Seniors Claire Beezhold

and Abigail Lagastee both said they appreciated seeing all the new cities and getting to experience it with the other students.

Junior Zion Baker said, "I loved how the people are so connected through their language and are so close."

"I suggest it [the trip] to anyone that can go. Best experience of my life," said senior Carly DeVries.

Punch cards offer new form of payment

Jake Olthoff
Reporter

Part of revamping the lunch program at Illiana includes a change in payment method. The students may now purchase hot lunch cards and milk cards from the front office.

Mr. Turkstra said the cards make it easier for the students, because they don't need to bring money.

Turkstra said he has been working on this program for three years. Turkstra has noticed over the years that students fre-

quently skipped lunch, and it bothered him. He concluded they were too lazy to make a lunch or didn't have the cash to pay for a lunch. Because of the new lunch program, students will be able to buy a \$20 lunch card and be covered for several weeks.

The new lunch program is not intended to raise money for the school, but Turkstra still said it was a good investment.

"Illiana is breaking even with food costs, but it is helping the students eat," he said.

Turkstra would see students hungry during lunch.

"With the kitchen facilities there's no reason why we couldn't be doing something more," he added.

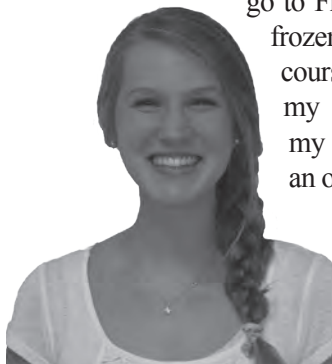
According to Turkstra, the PIE Board and Lunch Committees have always been willing to do more than one day, but they worried that there would not be enough volunteers. Two years ago they began expanding the lunch program with "Pizza Fridays" and last year they were able to begin offering salads on Thursdays. This year they were able to add two more days to the lunch schedule. Mondays, students can order sandwiches, and on Tuesday they can purchase broasted chicken and potato wedges.

Junior Noah Rogan, said that he likes the good food, but that the lunches are a little pricey. "My wallet is feeling lighter," he said.

Turkstra said, "We are not out there trying to make millions of dollars off of the lunches." In fact, the PIE board designed the program to break even.

Going with the flow... of traffic

The first time I dreamed of driving was when my sister and I were waiting for my mom in her baby blue Toyota minivan. My sister and I decided we would have a candy stash in the glove compartment of the minivan, and the first thing we would do was go to Froyo, our favorite frozen yogurt shop. Of course it never crossed my mind that failing my driver's test was an option.



Collette Bouwer
News Editor

With a simple, small turn of the wheel, my dreams (although they were no longer driving a minivan), were crushed. They

vanished with the reality that I had to wait two more weeks till freedom.

I struggle every time I try to explain how I failed. I don't want to appear like the worst driver ever, but what I did was pretty stupid. I ran a red arrow. I followed the truck in front of me and turned left on a red light.

Driving back to the BMV was torture. I tried driving super well as if making complete stops could undo running a red. When I asked her if I failed, she told me we would schedule another drive test inside.

Next, came the walk of shame. Although I tried to compose myself, as I entered the BMV tears trickled down my face. People stared as I scheduled another test. I was tempted to pull down my sunglasses, but I wasn't sure what would look worse.

The next two weeks were torture. My parents had me driving everywhere. No joke, everywhere. I never had a break, and by the end of those two weeks I hated driving. My family lost almost all faith in me. When my brothers made comments on my driving, I would remind them the joke was on them because they were the ones that had to ride with me to school every day for the next two years. I think I honestly scared them.

I did learn a lot those two weeks. I got lectures at every left hand turn, and I mastered the art of saying okay and nodding without taking a word in. I also got very good at staying right on the speed limit. Yeah, I was one of those annoying drivers.

It was all because I followed that red truck. As I pulled up to the light, I thought to myself, "Oh good, I just wait for a green arrow," but, once that truck turned, I mindlessly followed.

I followed the crowd. I'm sure you all know from your D.A.R.E. lessons in grade school that following the crowd is a bad idea, but I'm telling you this is serious stuff. Following the crowd brought me unending suffering... for 15 days.

But all joking aside, I followed. That bothers me. If the driving instructor hadn't pointed it out, I wonder if I would've realized what I did. How many times have I followed the crowd and not even realized it? Is the music I listen to truly what I enjoy, or do I listen to it so I know the songs my friends talk about? Why am I involved in everything my sister was involved in? If I think using paper bags for lunch is a waste, why do I use one anyway?

I always thought of myself as being someone who marched to the beat of my own drum. But maybe I don't. I don't think I've ever before fully appreciated the weight of other people on my decisions, and to be honest, it scares me.



Ninth-grade students work on their Chromebooks in social studies class.

Photo by Hanna VanderWoude

Freshmen receive Chromebooks as one-to-one program launches

Marrisa Johnson

Reporter

The school board launched a new one-to-one program this fall called "Expand your World." Every incoming freshman has received a Chromebook to use throughout the school year.

Chromebooks are small devices that only run on Google Chrome. Through them the students gain ac-

cess to the worldwide web. In addition, students can access some of their textbooks online instead of having them in hand.

Mr. Jack Rudenga, the head of the school's technology committee, explained that the financial reasons drove the decision to start the program with only freshmen. He said, "We didn't have the investment to afford for everyone. Maybe next year both sophomores

and freshmen can have one."

Rudenga added that his committee recommended Chromebooks "because they are inexpensive and also cross platform, meaning you can use them on an Apple computer or a pc."

Rudenga has been pleased with the devices so far, citing their reliability and the teachers' satisfaction.

History teacher Mrs. Rachel Drost is using the

devices in her freshmen classrooms. She also used them in a pilot program last spring.

Drost said, "It's been going great. The kids can take it home with them and it allows them to do things they would not be able to do."

Freshmen Taylor Papst said, "They've been useful, but I prefer the textbooks. Still, it's nice to have the textbooks online."



Students pose at the Iron Oaks Course.

Photo by Deb Kamp

Iron Oaks encourages sportsmanship, builds community

Mikerra Hall

Reporter

On Sep. 9, a group of thirteen specially selected junior and senior athletes piled onto a bus to go to Iron Oaks for a leadership seminar.

According to Ms. Deb Kamp, one of Illiana's athletic directors, events of the day focused on developing confidence and self-esteem, building trust and support, and enhancing communication skills between the student athletes.

Kamp said, "Varsity athletes from schools in the Metro-Subur-

ban Conference come together to promote cooperation over competition."

Parker Roeda, a senior, said, "The activities at Iron Oaks taught us to work together. They brought us out of our comfort zone and we learned to trust other people."

Schools in the Metro-Suburban Conference plan these activities once a year to build student leadership at all the schools in the conference and to encourage sportsmanship among the students.

Move to new campus delayed to fall 2018

Riley Goodwin

Reporter

The projected date for Illiana Christian High School to move to a new campus has been pushed back from fall of 2017 to fall of 2018 to allow more time to raise funds for the project.

According to school Principal Peter Boonstra, the biggest challenge in building a new school is raising the money. Vice Principal AJ Turkstra pegged the cost at over \$30 million.

Boonstra said, "We have raised about \$10.5 million so far."

Vice Principal AJ Turkstra said that people in the community are wanting to see con-

struction equipment and ground breaking, but they don't realize all the behind-the-scenes work that is going on.

Turkstra explained, "There are a lot of engineering details to be worked out. For example, water, sewer, and drainage issues that need to be planned. They also need to engineer to bring in power. The overall size of the project was also a little too big, to expensive, so we are cutting it back just a little bit."

The Illiana Christian High School Association voted in the spring of 2014 to move the campus to a new location. The new high school will be located on Calumet and 109th, commonly known as Shoe Corner.

Chapel Committee embarks on new journey

Josh Smits

Reporter

For the 2015-2016 school year, the Illiana Chapel Committee has selected as this year’s theme “People on a Journey,” and believing students will find the theme accessible and meaningful.

According to Mrs. Mary Lagerwey this year chapel committee members not only are going to guide the student body in its walk with God, but also will participate with the students as they are on this journey too.

The 2015-2016 chapel committee is led by seniors Joe Barrera, Joanna Barrera, Kylie Boss, Katie

Ericks, Alaye Hogue, Garret Lytle, Eros Perez, and Jordan Smith and teachers Ms. Kim Mesman and Mrs. Mary Lagerwey. Lagerwey said these students are putting a lot of hard work to make worship at Illiana an enjoyable time.

Senior Joe Barrera said the chapel committee is working to make worship at Illiana a safe environment where students can have confidence in their trust with God and friends in hard situations. Barrera said that although chapel committee isn’t perfect, they are working on getting Illiana’s student body to grapple with their faith.



Chapel Committee all smiles after chapel. Photo courtesy of Illiana’s Twitter

Senior Jordan Smith said that chapels this year are aimed to make students comfortable while talking about uncomfortable subjects so that students truly grow in all areas of their

faith. Smith added that the Chapel Committee realizes that high school is just one step of life, but in that one step they want students to be prepared for further steps on their journey.

Student Council welcomes freshmen with pancakes

Faith Mischka

Reporter

The Student Council hosted a breakfast on Thursday, Sept. 10 to help freshmen get to know other kids from different schools and to learn more about opportunities Illiana of-

fers.

The Student Council served pancakes, sausage, and orange juice. Freshman Emma Slings said that the breakfast was delicious and it gave her the chance to meet other freshman.

Student Council representative, sophomore Karli Petrarca, said, “The breakfast helped introduce activities offered to freshman such as Student Council, Spire, drama and sports.”

Lauren Rozendal and Lily

Gerstner said that the freshman breakfast helped them connect with the friends that they don’t see throughout a normal day.

Freshman Colton DeJong said that the food was good, and he also enjoyed the Chamber Singers performance.



German students pause in Munich to take a picture.

Photo by Luke Fennema

‘Eye-opening’ German trip

Dalton Haven

Reporter

In the final weeks of June, fourteen students and two teachers departed for Germany to practice their German skills firsthand and to see the cultural differences between that country and the USA.

According to junior Juliana Knot, the group went to Berlin, Dachau, Dresden, Heidelberg, Munich, Nuremberg, and Rothenberg. They saw the Brandenburg Gate, the Neuschwanstein Castle (the model used for the Disney castle), remnants of the Berlin wall, and churches

that were bombed out during World War Two.

Matthew Vargo said, “It was the best trip of my life to see historic landmarks and to interact with the culture.”

James Zandstra said, “It was eye-opening to see the famous cities with the Illiana German group.”

New admissions counselor makes connections, hopes to increase enrollment

Lauren Curtis

Reporter

“Good at multitasking, flexible and focused” are just three of the words our new admissions counselor, Mrs. Elly Makowski, used to describe her job.

Makowski took the job starting in June, and she spent her summer months working hard to bring up Illiana’s enrollment this fall. When she started, enrollment for the 15-16 year was around 50 students short of projections. By the first day of school, much of that gap had been closed.

Makowski said that her new job keeps her busy and forces her “out of her com-

Say ‘hallo’ to Mr. Vreugdenhil

Josh Klapak

Reporter

Arjen Vreugdenhil, our part-time chemistry teacher, lived his whole life in the Netherlands until 12 years ago when he moved to America. He has taught Physics at Grand Valley State University in Michigan, as well as other courses to home schooling groups. He hopes to enter the ministry in the fall of 2016. He is taking classes at Mid-America Reformed Seminary in the morning and teaching Advanced Placement Chemistry and Honors Physics at Illiana in the afternoons.

Q. When did you first get the idea to move from the Netherlands?

A. “I decided to move to America when my wife and I got married in 2003.”

Q. Why did you choose to leave the Netherlands and come to America?

A. “My wife is from Grand Rapids, Michigan, and she did not want to leave America.”

Q. How does life in America differ from life in the Netherlands?

A. “In the Netherlands houses were smaller and closer together than they are in America. Also in the Netherlands nobody drives. They either ride bikes or ride on the train to wherever they need to go.”

Q. Where in the Netherlands did you live? What town?

A. “I lived in Amsterdam, Amersfoort, Nieuwegein, and Rotterdam, which is where I was born.”

Q. What do you like about life in America?

A. “I like that in America you can travel far, and that there are great schools to work at.”



School survival guides for introverts and extroverts

← We can divide the world into two types of people: introverts and extroverts. Feature co-editor Elyse Dunham is more of an introvert who can help extroverts get more grounded. Feature co-editor Andy Sons is more of an extrovert who can help introverts come out of their comfort zone. →



Arts

If you want to get involved in Illiana there are many options. I think the best way to get involved is in the Arts Program. This is a place for creative minds to exercise their talents. There are also many options such as choir, band, art class, theater, Fine Arts Festival, improv club, and journalism. Being involved in these things will help you make new friends, more like family, and you will be surrounded by people who will encourage you to be the best you can be. There are many ways to show your creative side at Illiana and I advise you to try some of these examples, you could surprise yourself.

Keep your friends close

In high school you need a group of people to encourage you and help you along the path of life. It's not a bad thing to have a lot of friends, but you should have a small group of close friends that you feel comfortable sharing anything with. It's a struggle to fit in, but you shouldn't be friends with someone just to fit in. Once you find the right friends, you'll be comfortable being yourself and that's where you belong. You may be a person that's all over the place talking to everyone, but you should try to find a few people that you aren't afraid to share with. Having friends like that is priceless, so don't let that go.

Study hard

When you're in high school there are many things that you may worry about. I worry a lot about grades and homework. If you walk into class with a negative mindset, then you won't learn anything. But if you open your mind to the possibility of learning, you may learn something you never thought you would. Try to think positively during class. If you pay attention in class, you will do better on your homework and on tests which will lead to better grades.

Get in and get out

My motto for dealing with teachers is to walk in, learn, and leave. I usually keep quiet, unless I'm called on, and I don't build close relationships with teachers like some students do. I also don't try to argue my case if I don't agree with something the teacher does. Although this seems extreme, I avoid contact whenever it's possible. Now I'm not saying you should be the shy kid in the corner, but you also shouldn't be the kid who constantly nags the teacher all class period. Try to find a balance between those two, and you'll be a better student.

Take a weekend off

High school is not just about sitting in class and learning, it's also about what you do on the weekend. The weekend is the thing that motivates us high schoolers to get through the week. For introverts like myself, the weekend is a relaxing time of watching Netflix, eating Ben and Jerry's half-baked ice cream, and sleeping in. Extroverts are always searching for things to do. Sometimes they just need to take a break from all the going out and staying up late and just relax. The weekend is a great time to spend with family and to worship in God's house. Take a weekend off every once in a while. You'll be glad you do.

Just talk to someone

Stress is something that consumes someone like me all throughout high school. I am the type of person that worries about everything and that worry gnaws at the pit of my stomach and overrides my circuits. Although my life is full of stress, I have a few ways to deal with it. The simplest way is to just lay in my closet and listen to music. This may seem weird but just try it, it gives you a sense of calmness. Also if stress is overwhelming, it's nice to just talk to someone, maybe your school counselor, friends, or your parents. It's nice to take the cap off the things you've been bottling inside of you.

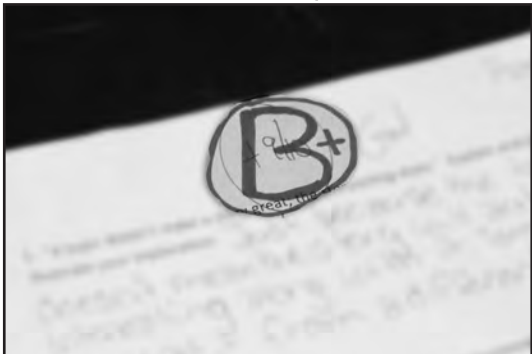
Involvement



Friends



Grades



Teachers

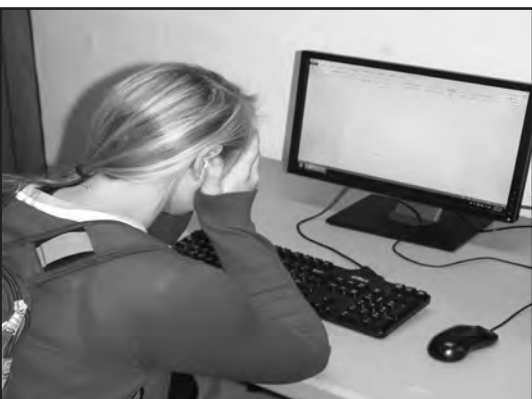


Weekends



Photo courtesy of blazwura.com and ink361.com

Stress



Sports

Sports is one of the best things Illiana has to offer, plain and simple. Being a sports addict, like myself, getting involved with teams and squads is a great thing to do. If you want to try something new, do it. If you don't make a team, try out for another one. If you've never picked up a tennis racket and all you do is criticize it, try it, maybe you'll like it. If you've had a bad experience with a coach, I can guarantee you that the coaches here care about you and want you to succeed if you work hard for it. You'll make friendships that will last and learn the importance of teamwork, which will give you skills that last a lifetime.

Just talk, it's easy

Making friends throughout your high school career is the best thing you can do. If you're someone who is shy and doesn't know how to encounter people, I'm going to give you a couple of pointers. First, stop thinking no one will like you. Start talking. If a group of people think you're weird or something, then who cares? Go to another group of people and start talking. Second, new people aren't scary people. If you see someone you haven't noticed, go and ask about them. Maybe they'll turn out to be your best friend. Third, sometimes they don't turn out to be your best friend. You don't have to please everyone, but you should at least try to.

Grades, who cares?

Grades, for a lot of you that's the biggest thing you worry about. You need to get that perfect GPA of 7.0 (or something like that, I can't remember). For all you who worry about your grades, don't! You have four years of high school and they might be the best time in your life, so why waste them going crazy over grades. I'm not saying disregard your classes and don't do homework. I'm saying don't think grades are the most important thing in humanity. If you miss a homework assignment due to the fact you went to a Sox game with a couple of friends, then, oh well, you missed one assignment. These four years of high school aren't just for grades; they are for making friends, memories and having fun along the way.

Life's greatest gift

Teachers, life's greatest gift, am I right? Maybe for those of you who despise teachers and think their just old hags, maybe you've never actually got to know them. When I enter a classroom with a whole new teacher, no matter what people say, I give the teacher a chance. I try to get to know the teachers because most of the time, surprisingly they have pretty cool lives (except Mr. DeVries--stay away from him). When you get to know a teacher, it makes the class more enjoyable. Don't enter a classroom, sit quietly by yourself, and be scared to even make eye contact with the teacher. Teachers aren't evil, I promise.

Get out of the house and have some fun

What is one thing all teenagers look forward to? The weekend! For the people who sit at home all weekend and just "relax," I don't know how you do it. Why don't you use those days to go do memorable stuff? I advise you to take on every weekend as if it were your last. Don't sit home and chill. Call up your friends and make plans. Go go-karting, go see a movie, go to Chuck-e-Cheese (preferably one with a ball pit). The weekend is for you to shake school off and go do something crazy—while being responsible, of course.

It's no big deal

Whoever's reading this, do you get stressed a lot? I'm guessing most of you said yes. Stress is a physiological issue many people deal with, and I'm blessed to say I rarely ever get stressed. How? You may ask. I honestly don't have a straight up answer for you. I'm no psychiatrist, and I haven't studied anything about the mind. But I can tell you that the things you worry about aren't as worrisome as you make them. Whenever you catch yourself all up in a stressful situation, just remind yourself, it's not worth it. When you start to have the slightest stressful thought, just kill it and bring something you enjoy up. It's easier then you may think.

‘Wayside School’s’ sideways path to Illiana’s stage

Cassie Iaconelli
Reporter

This fall the Illiana Drama Department is putting on a production called “Sideway Stories From Wayside School,” and the production’s set designer, Jim Kamphuis, will also be its co-writer. The play is a whacky comedy about a school that was supposed to be one story with thirty classrooms but instead the architect and builder made the school thirty stories high with one classroom on each floor. Mean teachers turned students into apples, kids read upside down, and students tango in the lunchroom. “Sideway Stories From Wayside School” is based on characters and events from a book of

the same name written by Louis Sachar. The book was published in January of 1978. The John Oliver stage adaptation—the one appearing on Illiana’s stage—first appeared at Seattle Children’s Theatre in 2001. According to set designer Jim Kamphuis, he and director Jeff DeVries chose this specific story because it’s a “fantastic story. It’s fun.” He also added that the department is always looking for plays with big casts, and this one supports a cast of 23. Still, to do the play, the Drama Department wanted to make some changes to the script. “We wanted a few more roles for our students,” DeVries explained. “Also, the original script keeps all of the action in the classroom,

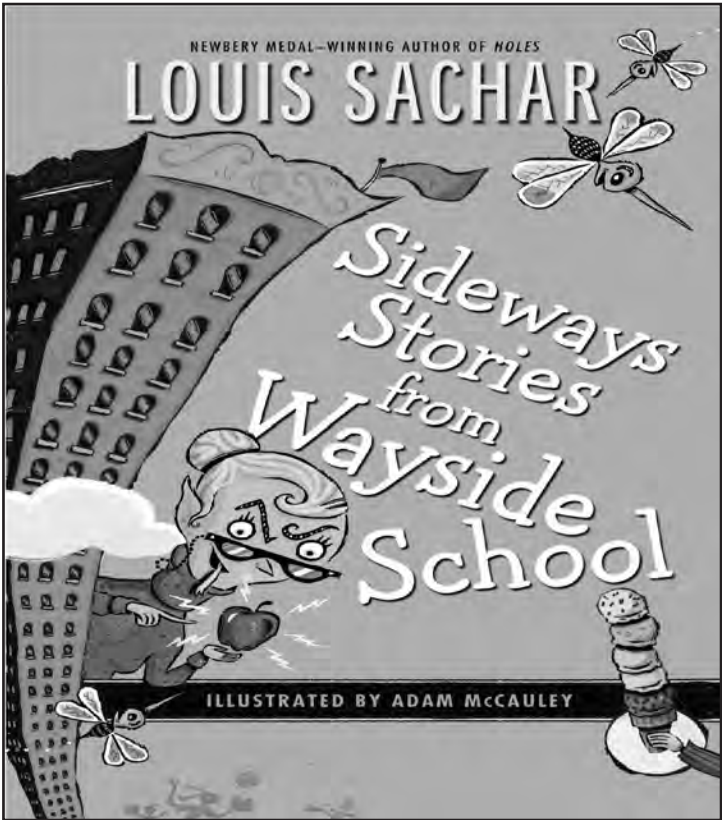


Photo courtesy of www.glogster.com

but we wanted one or two set changes to keep work for our amazing crews.” Kamphuis went back to Sachar’s book and its sequels, and he proceeded to write three more scenes that are in the books but that were not in the original script. The scenes happen in the playground and the school cafeteria. To perform the

scenes, DeVries contacted Sachar’s agent, who then passed along the new script to Sachar to get approval. Illiana will be putting on the play on Nov. 5, 6, & 7. The production team also plans to have a school day matinee when younger kids from other schools can come see the play.

So fun, let’s do it again

Hollywood not first to return to lucrative ideas

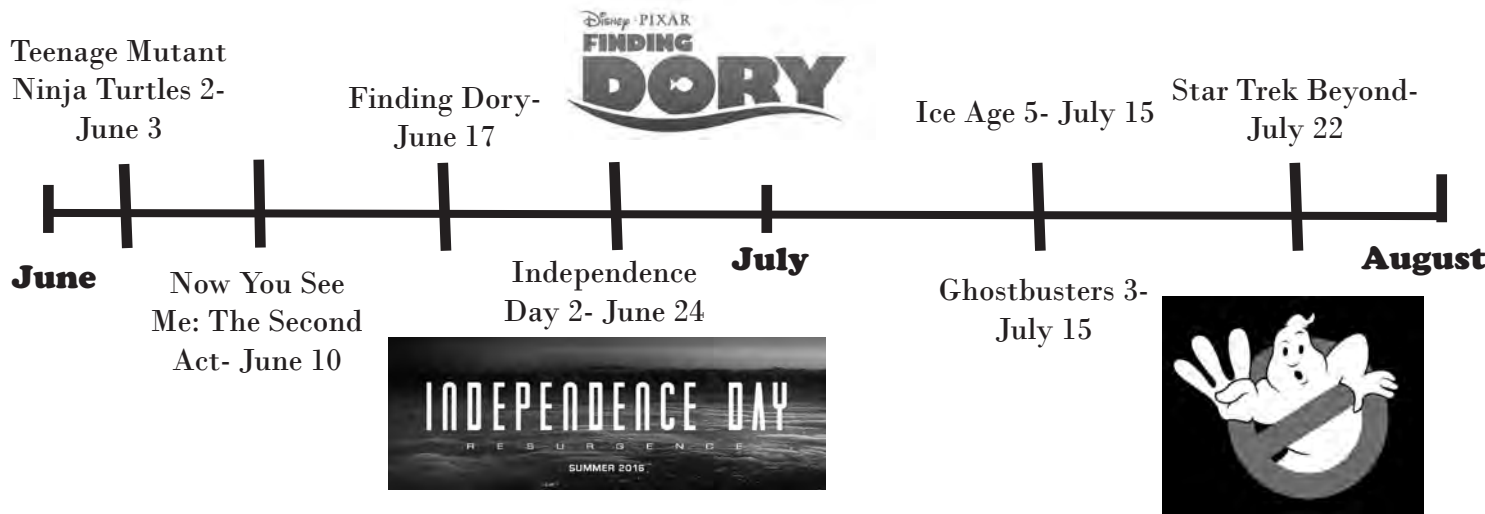
Kassidy Weemhoff
Arts Editor

“The Incredibles 2”, “Mockingjay Part 3” and “Fast & Furious 8” don’t have too much in common, except for one thing. Each and every one is a sequel coming out this year. Many people are enthusiastic about these films, but others moan about Hollywood’s lack of creativity. Whether sequels were derivative or not, Hollywood did not invent them. In the 1700s, when novels were relatively new, there was a demand for sequels. The public loved reading

epic tales, and soon the books’ massive financial success and public demand prompted publishers to create sequels. Few of these created sequels were as satisfying as the original copies because they were forced into being. Sir Arthur Conan Doyle’s “Sherlock Holmes” was penned and published around 1887. After many brilliant short stories and publications, Doyle decided to bring Holmes to his demise. England was in uproar. Seven years of bribes and complaints led Doyle to reincarnate Holmes and bring the series back to life.

Film sequels evolved in much the same way that novel ones did. From almost the beginning, sequels have been part of the story. “The Fall of a Nation”, released in 1916, is considered the first sequel as the movie’s director tried to cash in on the huge success of D.W. Griffin’s hit “The Birth of a Nation”. It was the money that compelled the creation of sequels in the movie world. The money is the reason for almost every sequel production that exists. There are slight differences in the types of sequels, though. For example, the “Lord of the Rings” trilogy is one book spread between three movies. “The Hunger Games”

is three books in four movies. “Finding Dory” is a long awaited creative dream that became tangible. Sequels can be either created from content or created for content and the quality of the film depends on the reason. In the past, sequels that were created solely for the money were noticeably poorer quality and often pretty disappointing. On the other hand, the sequels created from solid concepts were impressive and satisfying to watch. But ultimately the reason for almost every sequel is the money. If the public is buying, Hollywood will keep on selling. Let’s hope this year’s sequels are worth the money.



ASK VICKY VIKING

Student needs help with life’s balancing act

Dear Vicky,
I need help balancing all the things going on in my life. I am striving to continue getting good grades at school, but this year isn’t as easy as freshman year. I have way more homework and less time do everything else. Just last week I had to say no to hanging out with my friends because of the homework I had to get done. And the week before that I had to turn them down because sports got in the way. I remember one tough week in the middle of freshman year where I had it like this and I got barely any sleep to accommodate everything. How do I balance school, family, sports, and friends without going insane?
--Thanks, Busy and Bothered

Dear Busy and Bothered,
Well first of all, thank you for the very complicated question. I would say that your issue is one that plagues most high school students. I struggle with this issue as well, and I know at times it seems impossible to deal with. Thinking about your question, I came up with a few things that can ease the stress of the year.
First, manage time well. Phones and television pose a big distraction to teens of the 21st century. Every time a phone beeps or buzzes our fingers itch to become submerged in social media and messaging. Before you know it, you’re three hours deep in buzzfeed posts and cat videos. My advice is to avoid your phone as much as possible. Set aside an hour or two of phone-free time that allows you to be devoted to homework.
Keep a planner. Know what the week is going to look like so that you can choose how to disperse your time evenly. If you know there isn’t a game or practice one day, you could set aside time with your friends or family. I find that having a good grasp on what my week looks like minimizes the amount of time-related stress I have.
Finally, and maybe most importantly, give yourself a break. Set aside some time during your week to relax and reenergize. One of the worst things a person can do is overwork himself, and I believe that a half hour of rest gives the body and mind a much needed vacation. School, sports, friends and family can all crowd your brain and overwhelm you but if you stay focused and rested, your mind will become clear.
Yours Truly,
Vicky Viking

It's O.K. for kids to 'Dream On'

Dreaming of becoming a professional athlete? Wanting a child to become a professional athlete? I have bad news. Not only bad news, but news that might make you feel like a failure. Actually, it will make you feel like a failure. Sorry. The chances of making it to the big time are pretty slim, and that's putting it mildly. Only .516% of high school athletes end up getting a chance to play professional sports.

Luke Hillegonds
Co-Sports Editor

I can remember when I was a wee lad and I thought, dreamt, and ate baseball. I could name every player on the White Sox at the age of three. I remember people asking me if I wanted to be a professional athlete. My response of course was, "I want to play for the White Sox!" I thought from the age of three till about twelve that I was going play in the Majors. Most kids who are young and love sports have dreams of playing professional sports. Chances of failure are high but kids can dream. Can't they?

Everyone has a dream of a bigger house, or a better car. People dream to be a better father or maybe to be a better person in general. Maybe some even dream of a better life. There are a number of different dreams that people have. Dreams that everyone has. So what makes it wrong for kids to dream?

The argument against kids having big dreams is that they are most likely going to end up failing. Parents and mentors don't want to set their kids up for failure. Failure, however, is still a part of sports. Also, side note, failure is a big part of life too. Yikes. No one can avoid failure. Even the best professional athletes fail more often than they succeed. There is always going to be a loser in sports.

One has to complete lots of steps and goals to reach big dreams. So look at it has a list of goals that lead to the big goals. For example, one of the goals on kid's list is to make honor roll or to have straight A's. Then another goal could be to work out five times a week for two months. Once they complete those goals, then new goals are set. This type of mentality teaches kids to have a good work ethic; it also gives kids the highs of succeeding and the lows of failing.

If the big aspirations aren't met, then the child can look back at all the goals he or she did accomplish. Athletes can look back at all the lessons they've learned. Even if they are not superstar successes, still they can look at all the goals they have accomplished and set new goals for a different career.

Basically, I could sum up this column with just one Aerosmith song, "Dream On."

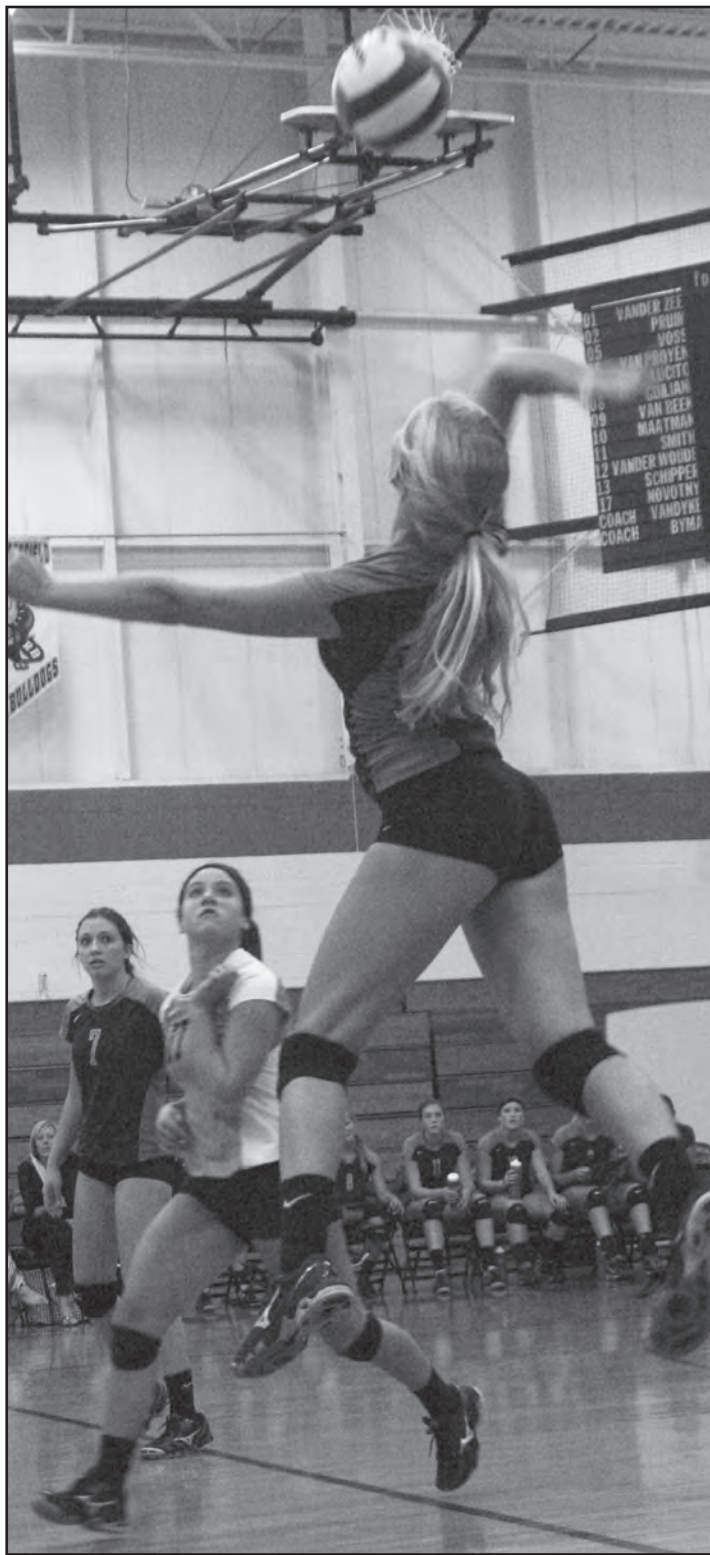


Photo by Jeff DeVries
Junior Hanna VanderWoude attempts a smash against rival Chicago Christian.

XC girls start off season strong

Collette Bouwer
News Editor

Despite their slow start, the girls cross country runners plan to pick up the pace as the season progresses.

Coach Deb Top said, "The varsity girls didn't get much running

in this summer. Their running looks good to other people, but where they could be [running] is not going to be for at least half the season."

The returning varsity runners are not the only ones behind schedule. Many girls new to running cross country are also working

Girls volleyball bumps off Chicago Christian for the first time in seven years

Juliana Knot
Co-Editor in Chief

The volleyball match between Illiana and Chicago Christian on August 29th marked Illiana's first victory over CCHS in seven years. The girls' team won again in a three set match on Thursday, September 10. The August 29 game was Coach Nikki Van Dyke's first win over Chicago Christian in her career.

After Illiana's first victory, both teams' coaches worked to prepare their teams mentally and physically for the next game.

"We have a young team. We lost eight seniors last year. The girls knew everything they did wrong as soon as the last game was over," said Chicago Christian Coach Chrissy Gust.

Van Dyke said she told her girls, "It's just like any other game. Play

hard; play tough."

Both coaches also highlighted the pressure this game puts on their players.

With that kind of pressure, they had to avoid having the rivalry getting in the way of volleyball. Senior Sydnee Van Beek said, "I told the girls to keep everything off Twitter. We've had some bad experiences with it in the past, and we just wanted to focus on playing the game."

Illiana hosted the second, regular season game. The Loud Crowd was there with a blackout. Chicago Christian's student section was also there with the same theme.

The match was close, with Illiana winning after three sets. Senior Mikinsey Pruim said, "This win was huge for us. We are going to take the momentum from this game into future games as well."

to get in shape.

Coach Luke Fennema said, "We are struggling with fitness since we're so young. We don't have many girls who trained over the summer, so we're just trying to get in shape now."

After they jump that hurdle, the girls will

be competing in a close chase with Chicago Christian in their conference.

Fennema said, "We know that we are going to have a battle with Chicago Christian as far as conference goes, so we want to be as close to them as we can by the conference meet."

Van Drunen: an ace for tennis team

Jacob Thompson
Co-Sports Editor

Whether for fun, for her district, or for Illiana, senior Hilary Van Drunen has always loved playing tennis. Every year she is becoming more aggressive, stronger, and more confident in her skills, all the while learning to love the game more.

"Tennis has been a blessing through high school," Van Drunen said. "It has kept me busy, and helped me academically becoming

more time efficient to get my homework done at night."

Coming in as a freshman, Hilary quickly progressed to the top, eventually getting the opportunity to play first singles on varsity. Her first state appearance came as a sophomore. Hilary and her doubles partner Miranda Bouwer played well, but they lost their first two games and suffered elimination. Hilary's junior year she advanced down state yet again, this time in singles. Although she lost

her opening two games, Hilary played well and showed the great improvement from freshman to junior year. Going into this season more confident than ever, Hilary is looking to play the strongest of her career.

"I have gone from freshman year just trying to get the ball over the net, to now playing with aggressiveness and confidence," VanDrunen said. "This season is definitely going to be exciting. Everyone is stepping up their game and things are looking good."



Photo courtesy of Illiana Twitter
Van Drunen serves to opponent.



Photo by Deb Kamp

Varsity Cross country team pictured from back to left to right.: Josh Clay, Luke Boss, Colin DeYoung, J.P. Peerbolte, Nick Wondaal, Austin Ohm. Front left to right: Ryan Koontz, Derek VanProyen, Jesse Ellis, Jacob Thompson.

‘Success Factor’ bumps boys XC to 3A

Hanna VanderWoude
Photo Editor

After being in 2A for the past few years, our boys cross country team was finally moved into 3A, by the Illinois High School Association (IHSA).

IHSA ranks high schools according to their size. Smaller schools with 350 or less students, are 1A, medium schools with 351 to 725 students, like Illiana, are 2A, and larger schools with more than 725 students, are

3A. Our girls cross country team is still in 2A, but our boys team has been moved to 3A due to how well it has done in the past.

Boys cross country coach Jim Piaskowy said that the IHSA moved the team to 3A because of what it calls the “success factor.” Cross country’s success factor is a team must win at least two trophies within a four year period and one must be in the previous year. Our boys captured 2nd in state in 2013 and during last

year’s cross country season they placed 3rd in state. If they hadn’t placed this past year, they wouldn’t have had the success factor and they wouldn’t have moved up.

Sophomore and two year varsity runner, Derek VanProyen, explained that when he first learned of the move to 3A he was upset. He said that because of the tougher competition they wouldn’t pull in as many wins, but he soon realized the move was better for the team.

“3A will have more competition which is scary but exciting because it will get us to train harder and make us better,” said VanProyen.

After finding out about the move senior and four year varsity runner Nick Wondaal said, “After finding out about the move I was sad because [the team] probably won’t place to trophy [in state], but I’m also happy because we’ll be facing tougher competition, which will better the team.”

Golf team starts off right

Jacob Thompson
Co-Sports Editor

Illiana’s golf team has started off their season strong and is gearing up toward the most important part of the team’s season. With a record of 8-2, the boys are working hard to prepare for the challenges of what Coach Jack Rudinga calls “the most heated and intense part of the short season.”

Lead by four strong seniors--Mathew Zanstra, James Zanstra, Curtis Templeman, and John Hayes--the golf team is hopeful when looking on to post season. One of the boys’ biggest goals includes bringing the team to sectionals and of course advancing as many down to the state tournament as possible. Last year the boys were able to send two qualifiers down, this year they are hoping for even more.

John Hayes, last season’s state qualifier, says, “I am really hopeful for this season. The team looks really strong and its going to be a fun rest of the season.”

Soccer team struggles to get kicking

Jennifer DeBoer
Co-Editor in Chief

Illiana’s boys’ soccer team is struggling this season. Despite having eight seniors on the team, the Vikings have a record of 0-9-3.

One of the team’s captains, senior Tyler Schutt,

who plays goalie, says the team needs to get possession of the ball and then exploit the holes in other teams’ defenses.

Senior Robby Zandstra, who has played his whole high school career on the varsity soccer team, says that despite the losses the team needs to stay positive.

“If we get down on ourselves, we’ll only play worse,” Zandstra said.

Senior Ryan VanderZee, co-captain with Schutt, agrees with Zandstra that the team needs to stay positive. “Our team spirit is great, despite our losses. Everyone is encouraging each other,”

said VanderZee.

Freshman Weston Baker, the only freshman on the varsity team, says the team needs to work hard no matter what. Baker said, “We have good teamwork and communication, but we have to keep working on getting better.”



Photo by Jennifer DeBoer

Senior Noah Ebbens sends ball upfield.

Male Athlete of the Month

Colin DeYoung has run varsity cross country all four years of high school. His career boasts many accomplishments. He was all-state as a sophomore and a junior. He was also one of the few Illiana runners ever to finish all-state as a sophomore. He was also all-conference all three years so far. DeYoung has also had a stellar month of September. He took first at practically every race he’s run, including the Lemon Lake Invitational, the Illiana Christian Invitational, and the Pre-Conference Invitational. DeYoung doesn’t just win every race. He is also a team leader who’s earned his teammates’ respect.

“Running has ultimately made be a better competitor, and also a better person. It has taught me perseverance and hard work,” said DeYoung.



Female Athlete of the Month

Senior Sydnee VanBeek has always played volleyball at a high level. Making the varsity team as a freshman, she soon progressed to being one of the team’s most influential leaders and players.

Proving herself always ready to rise to the challenge, Sydnee has become a player that coaches have been able to trust in win or loss situations. With offensive and defensive prowess that is hard to match, Sydnee has earned Montini All-tournament team honors her junior year, and Chicago Christian All-tournament team honors her senior year. Moving on from high school, Vanbeek plans to attend Ball State to continue playing volleyball. “Volleyball has shown me how to lead by example,” VanBeek said, “and how to ultimately give all the glory to God.”

Editorial No-cial media: oversharing

What is one thing users of Facebook, Twitter, Instagram, and Snapchat have in common? Oversharing. Whether it is a 300 second long Snapchat Story, a “very discreet” subtweet at someone, or the fifth selfie within two hours, it is both unnecessary and irritating.

Oversharing starts out innocently. We’ve all seen the occasional “Two posts in one day #sorrynotsorry,” and let it slide. However, left unchecked, oversharing can be addictive and harmful.

According to the Society for Human Research management, 77 percent of employers use social media in hiring and recruiting efforts. The same follows for colleges. A potential student or employee can look as put together as he wants in an interview, but a timeline of sketchy posts could crush his chances.

Besides creating a bad reputation with employers, oversharing irritates friends, both online and offline friends.

Keeping the post count low helps keep the number of followers high. To keep a high number of real life friends, the same is true.

So what should students avoid posting? The simple answer is just to use common

sense.

If the post is causing doubts, the post should stay a thought. However, that leaves a lot of gray area. Not all oversharing looks the same. Here are a few general social media mistakes to avoid.

Selfies aren’t a twice daily event. Selfies are good once in a while but aren’t

Private disputes have no business being public. The most common form of this is subtweeting. Subtweeting is when a person tweets negatively about another person but doesn’t explicitly mention the other person’s name. It is obnoxious, it creates more problems, and it expands the number of people in the conflict.

fighting online is also pointless. No matter how civilly the argument starts, it will turn into name-calling. No one has ever been converted in the comments section of a Facebook status. If no one challenges the fight-starter, he will look more idiotic than if he had been called out. Kindness proves a point much better than any argument can.

Social media should not be a social contest. Tweeting about or uploading a picture from a fun party is fine. However, when every social occasion becomes a Snapchat story, tweet, or Instapic, people start posting to compete over who’s having the most fun. If a party really is fun, no one should have to prove it. People shouldn’t spend time socializing documenting the fact that they’re socializing. That isn’t enjoyable. It serves no purpose except to exclude other people and make parties boring.

Oversharing is difficult to avoid, especially when it can show up in so many forms. At its simplest, oversharing is attempting to live life online.

All social media can offer is a much blander version of what’s off screen. Only so much life can fit into four gigabytes of data.

“At its simplest, oversharing is attempting to live life online.”

necessary every single day. People can remember faces fairly well. They don’t need the extra reminder. Additionally, the likes might provide some instant confidence gratification, but dependence on other peoples’ compliments is unhealthy. Less is more.

Drama doesn’t belong on social media. No one likes drama in the first place. Putting drama online only deepens the problems.

The Bible calls this out in Matthew 18:15. “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.”

Social media is not a forum for debate. There are people who will insult Christianity online just to get a response. Calling them out or even trying to show them a logical set of facts won’t work. Political

Choosing from chicken nuggets to college

“Well! What are you going to order?” my mother yelled at me as we pulled up to McDonald’s drive thru.

I was six and I couldn’t decide between chicken nuggets and a hamburger. My sister started making fun of me and I started to cry. My mother rolled her eyes as she asked the person on the other end of the intercom for a few minutes.



Jennifer DeBoer

Co-editor in chief

Indecision- it has been the burden of my whole life. I can never decide what to wear, what to eat, or even what I want to watch on TV (it’s so hard to pick between M*A*S*H* and Wheel of Fortune).

Now that I’ve grown up a bit, my indecisiveness is really undermining my high school life. I can never decide to do something and by the time I figure out what I want to do, the opportunity to do that thing has passed. Things like helping TOP soccer and painting sets for the school’s plays and musicals come to mind.

And driving! Oh my goodness, I can never decide whether to get over or stay in the same lane. Choosing a path to go somewhere always depends on which way is easier for me, not the fastest, but the easiest way.

Now that I’m a senior, I have one of the biggest decisions of my life coming up: College. And that one simple decision has so many that accompany it. Do I live on campus or stay home? Will I have time for a job? Can I afford tuition or will I need loans? Ahh-hhhhh! Help!

I miss the simple decisions of my youth, when the only choice I had to make was between vanilla and chocolate ice cream. But, thinking about it, I guess that is how the world is. As we mature in age, the world expects people to mature in mind too. When I was little, I had my sister yelling at me for not deciding, but when I get a job it’ll be my boss who is yelling at me, and a boss is not going to be able to ask a client for a minute to decide.

So I guess I have to start making decisions. I know I won’t be alone though. I will always have my parents, family, and friends to bounce ideas off of and to listen patiently. And even when I am alone, I won’t be. God will always be able to help me and steer me in the right direction even with the simple decisions like what shirt to wear for work and what to eat for lunch.

After all, that is His promise: “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you” (James 1:5).

the Echo)))

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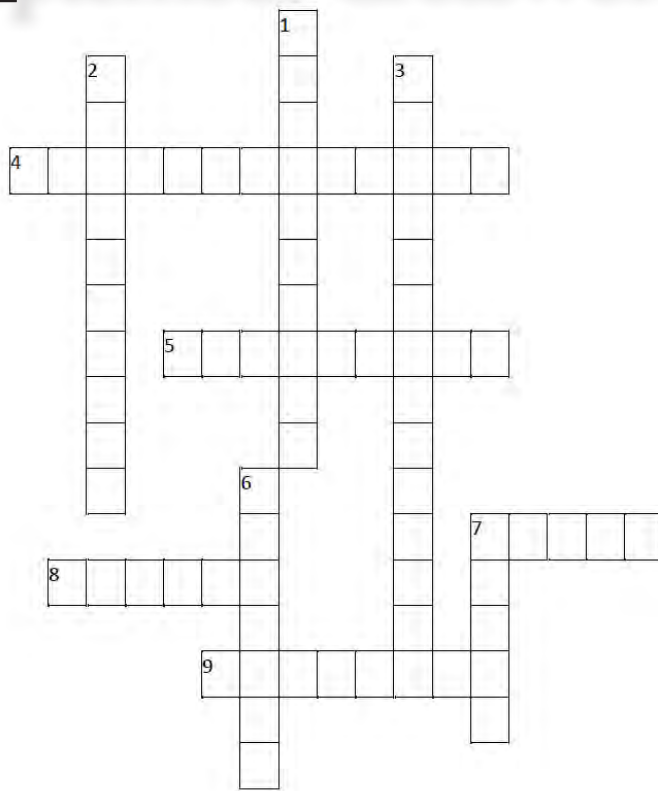
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Jeff DeVries

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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. Names will not be withheld unless there is good reason for doing so.

September Crossword)))



Down

1. Beat CCHS for the first time
2. Laptop given to freshmen
3. Tuesday hot lunch
6. Students visited Berlin here
7. Students visited Madrid here

Across

4. Find this on the feature page
5. Boys varsity soccer coach
7. Thursday hot lunch
8. Last name of the fall play writer
9. New admissions counselor

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