



Go Day is a go!

Olivia Oostema

Co-Editor in Chief

Rachel Bultema

Co-Editor in Chief

On Wednesday, April 28, Illiana celebrated Go Day by serving in the community.

Some students and teachers headed to food pantries, thrift stores, and the Indiana Dunes while others stayed to help out around Illiana.

Hannah Sliemers, a junior, went in one of two homerooms to New Star, a non-profit that helps children and adults with disabilities. At the location in Crete, the homerooms built a garden bed and cleared dead plants off of a hill. The group also worked with a few of New Star's "consumers" who the organization helps.

"The group worked hard, and we were glad that it didn't rain," said Sliekers.

Mrs. Teach's homeroom helped out at the New Star location in Chicago Heights.

One group that stayed at Illiana included Mr. Kamphuis's and Mr. DeVries's homerooms who painted



Students build a garden bed at the New Star location in Crete.

Photo by Olivia Oostema

a cargo box for drama department storage.

Other students helped do landscaping work around Illiana's campus.

When students and teachers ar-

rived back at school, they enjoyed a cookout indoors because of the cool, windy weather. Some students threw water balloons and went on a slip and slide that they set up near the athletic fields.

Other students enjoyed the chance to leave school a bit early. Originally the day was set to end at around 2 p.m. after the cookout, but because of the rain, it was cut short and ended at roughly 1 p.m.

Association
opens up
membership
to those of
non-Reformed
denominations

Olivia Oostema

Co-Editor in Chief

On Monday, April 19, the Illiana Association voted in favor of a constitution change that will allow people outside of the Reformed church to be association members.

The change passed with 73% in favor; the results six-percent higher than the necessary two-thirds majority. The decision seeks to align Illiana with the practices of feeder schools by allowing those who are not members of Reformed churches to vote. Head of School Lance Davids said that this change will increase the “sense of ownership” of Illiana to those outside Reformed denominations.

Last fall, the school board initially proposed a change to the constitution that would open up the Illiana Association to non-Reformed people and allow 25% of the board to be non-Reformed association members. The change failed to pass by nine votes.

Afterward, the school spent months meeting with churches, elders, donors, community members, parents, and feeder schools for feedback on the failed proposal. The new proposal that recently passed addresses the questions and concerns of the community; therefore, it was referred to by Davids as a “grand compromise.”

Other items included in the change include reducing the size of the board from eighteen to sixteen members and modernizing the language in the constitution to fit current needs and practices.

There was an informational open house about the proposed constitution change on Tuesday, April 13.

Gracie Jania

Reporter

Illiana's annual Fine Arts recital was on April 20, showcasing a variety of drama acts, instrumental and vocal pieces, literary works, and for the first time ever, even one magic act. Roughly sixty people attended the recital.

Senior Olivia Yonkman, a performer, played "Badinerie" by J.S. Bach on the oboe. With Mrs. Kathy Sliker's help, she was able to practice around the time of the Fine Arts festival. By participating in Fine Arts, Yonkman was also able to earn extra credit in her honors band program.

Loralee DeYoung, a junior, wrote and performed a poem titled "Peanut Butter and Jelly," inspired by classic love stories. She "put a fun twist on the genre," according to DeYoung.

Sophomore Tony Ren tried something new for Fine Arts and put on a magic show

using some of his own props. Ren developed an interest in magic early in life and was an accomplished magician well before he came to the States for school two years ago.

“After studying and deciding the factors [of the act], I started to repeat practicing my forgotten skills before the performance,” Ren said.

In years past, the fine arts committee has partnered with the Pie Board and the Spring Supper, placing the recital the same night as the supper, but because the supper happened earlier this year, “we lost the built-in audience,” said recital coordinator Mr. Jim Kamphuis.

Though the night consisted of different types of performances, there were no entries for film and dance as there had been in years past.

"I would encourage everyone to participate in such an event to practice skills, build confidence, connect with others, share the stories, and have fun," said Ren.



Photo by Jim Kamphuis

Senior Gabby Albanese reads her short story "When autumn becomes spring" at the recital.

Keeping the playing field fair: where should trans athletes play

Meet CeCe Telfer of Franklin Pierce University in New Hampshire. After competing for the men's team for two years and placing no better than 200th nationally, CeCe went on to win the N.C.A.A track championship after identifying as a woman. Telfer is one example of transgender athletes born as biological males who are now transitioning gender and competing in women's sports. While we have also seen some athletes born female transitioning and entering the world of male sports, that change presents



Madie Ceponis

News Editor

ness of a concern because it doesn't come with a built-in unfairness—testosterone.

Basic biology class teaches us that testosterone gives a human being an athletic advantage. And while both males and females produce some testosterone, it is a natural steroid that males produce in much greater quantities. Why have men and women been separated in sports to begin with? The answer, at least in part, is because testosterone gives men a clear athletic advantage. In fact, testosterone is such an advantage that taking synthetic testosterone to enhance performance is illegal in men's sports.

But this unfair advantage is exactly what transgender female athletes bring to competition. And even if a sports body like the NCAA creates a policy requiring the suppression of testosterone in transgender athletes who were born male, it doesn't solve the problem.

An article on the NCAA website about transgender athletes shares this observation from Dr. Bradley Anawalt, chief of medicine at the University of Washington Medical Center and an endocrinologist who treats transgender patients: "It's clear testosterone is a primary mediator in the difference between men and women in muscle mass, muscle strength and endurance in sports. Boys and girls do not have significant differences in athletic performance until the age of puberty. That's the time you see dramatic differences. There's no question that the single most important element is testosterone—how high your blood concentration is and the timing and duration of exposure to testosterone."

Transgender female athletes have had prolonged exposure to testosterone, and even if the hormone is now suppressed, it was still part of what helped to build muscle mass and strength in the past. Those changes do not get undone, and thus transgender female athletes have an unfair advantage.

Transgender athletes should be allowed to compete in sports, without a doubt. Sports offer a slew of mental and physical benefits documented by research. But where is the correct place for these individuals to compete? I would argue that is in the sports program of the athlete's birth gender. That keeps the playing field fair for everyone.

Biological males have an athletic advantage over females. This is not an opinion, according to most any health or science teacher. The facts are undeniable. Testosterone has no place in women's sports. Women's sports were created to be testosterone free. If we allow trans female athletes to enter competition with an unfair advantage, the future of women's sports will be at risk. How would you feel if you were the runner up of the 2019 N.C.A.A. championship? You trained your whole life to compete just to lose to a biological male.

Write to your Congress, voicing your objection to transgender athletes in women's sports.

Illiana Missions: By love we go



The mission trip to West Virginia stands bright-eyed and bushy-tailed before heading off to help others far from home.

Photo courtesy of Illiana's Facebook page

Students spend spring break in West Virginia

Sophia Thompson

Sports Editor

One of the mission trips Illiana took this year was to Jaeger, West Virginia. There was a team of twelve students and four chaperones. The students served with Young Life Ministries and directors Paul and Faith Dick.

The group stayed in an Airb-

nb that would house all of the team comfortably and was near the places they were serving. Bethany DeVries attended the trip as a "house mom" mainly cooking and keeping things tidy while the team was out serving.

"She was a blessing to have and I don't know what we would have done without her," said chaperone Sara Johnson. "A

house mom is definitely essential, especially when their cooking is as good as Bethany's."

According to senior Leighton Foster, the team's daily schedule looked something like this: "All of the days looked the same basically. We would wake up, eat breakfast together, and discuss plans for the day."

On Saturday, the team

helped a man whose basement flooded with six inches of sewer water and mud. Monday, Wednesday, and Thursday they worked at the Zera House, a place where sex traffic victims go for safety and recovery. The team worked on helping the girls get back on their feet and learn life skills.

At the Zera House, Illiana's students also built a berm in front of a chicken coop to prevent flooding, cleared brush, painted, and performed many other basic fixes. Friday the team helped a friend named Paul who lives in West Virginia by cleaning his garage, cleaning his bus, and more.

"Each night we did a different activity like paintball, watched movies, and played card games which was a ton of fun," added Foster. "It was nice to end each day together and discuss what our job for the day did to help others and what it meant to each of us personally."

Senior Justin VanDrunen said, "I loved the bus rides because it was a time for us all to talk about our goals for the day together on the way to our work for the day. And on the way home we could discuss what we did and what it meant for us and the people we helped."



Junior Tyler Barker and senior Leighton Foster get cozy together on the bus.

Photo courtesy of Illiana's Facebook page



Mission trip members take a break from working to pose for a picture together.

Photo courtesy of Illiana Facebook page

Goin' to Georgia! Mission trip serves in Atlanta

Rachel Bultema

Feature Editor

Illiana shipped six students and Principal Peter Boonstra off to Atlanta, Georgia on Sat. March 27 on a mission trip. There the students volunteered at churches and at Safehouse Outreach, and they visited the Equal Justice Initiative.

After arriving on Sunday, the group attended a live worship service where they were able to meet Christian contemporary artist David Crowder, who happened to be leading the worship.

Throughout the week, the group volunteered doing various tasks from at churches moving, cleaning, and organizing books to painting offices and moving shelves. While volunteering, the group worked with a man named



Roy who was so grateful to them for their work that he treated them to Vietnamese one night.

The group later volunteered at Safehouse Outreach, a homeless

shelter that helps provide meals to people experiencing homelessness. The group was able to serve meals and interact with those they served. It was a "wonderful experience", according to team member

Greg Goodfellow, a sophomore.

"One thing that stuck out," said junior Grace Goodfellow, another team member, "was that [Atlanta] was facing a lot of the same issues [as back home], such as racism, poverty, etc..."

In the middle of the week, the group had the opportunity to visit the Equal Justice Initiative with YoungLife. The opportunity was, according to junior Citlali Sanchez, "eye opening", as she was able to learn about ongoing injustices.

"I love working with people and it was nice to build relationships... I would definitely do another [Illiana mission trip]," said Grace Goodfellow.

"I was able to get out of my comfort zone and was able to try new things," said Sanchez

Pancake pacers run through rainy weathers, raise money



Science teacher Mr. Kevin Haan pushes two of his three children across the finish line of the Pancake Pacer after enduring harsh weather conditions. Photo by Jim Kamphuis

Hailey Ross
Reporter

On Saturday, April 24 Illiana hosted the official 2021 Illiana Pancake Pacer 5k Run/Walk. 99 runners participated in this event, each paying \$30.00 to run. The Athletic Department successfully reached its goal of raising \$5,000. The money will go to Illiana Christian’s athletic programs, specifically towards purchasing new uniforms and additional equipment for the athletic programs. The race began at 7:30am at the Midwest Ice Arena at 10600 White Oak Ave. in Dyer, ending at the same place. After the run, the participants returned to Illiana to feast on pancakes

and sausage, to fellowship with other’s in the community, and to recognize the winners in various categories. The day’s weather was a bit damp and cool, but the event was finished before heavier rains set in. “It was a great way to start off the day,” said science teacher and avid runner Kevin Haan, who ran with his wife and children. “It’s just been fun to get out there and run,” said Avery Olthof, a freshman. Illiana spring sports athlete formed most of the volunteers that made the event happen. Track athlete, junior Allison Tillema, also said she enjoyed the event despite the rainy weather.

Prom prospects promising

Aubrey Porter
Reporter

For Illiana juniors and seniors, prom 2021 is going to be different. Seniors have already undergone a slightly altered prom experience due to last year’s COVID outbreak. Most juniors, on the other hand, have no idea what to expect, this year being their first to be eligible to attend. Prom is to be held on Friday, May 28. The location, which was initially going to be at Illiana due to Lake County’s previous status as a “red” county, is now the Halls of St. George in Schererville. Dinner begins at 6:30, and a dance will follow. Throughout the past few months prom sponsor Mrs. Jenna Dutton and her prom committee have been working hard to piece together

a plan for a fun, but also safe, night for the upper-classmen. Different aspects of the event are changing, and COVID has been a main cause for a majority of these alterations. Prom committee member Jillian Hoeksema, a junior, said that it is exciting to see the work that they put into planning and decorating come to life on prom night. “I’m just excited we are blessed to have a prom this year,” she said. “There are so many details you have to think about when planning an event during a pandemic,” Dutton said. From having extra chaperones to serve dinner, to more Illiana staff attending prom to clean the area to keep a safe environment, the committee has been working hard to think of every small detail that they can change to keep prom COVID-safe.



Seniors have the opportunity to visit the St. Louis City Museum on class trip. Photo courtesy of thisiscolossal.com

Seniors to be in Missouri

Hailey Ross
Reporter

COVID has changed much of school life, but certainly one of the harder hits occurred last fall when the senior class lost the opportunity to visit Washington D.C. The trip, a school tradition going back many decades, simply was not feasible with surging cases, closed attractions, and the near impossibility of practicing social distancing. The seniors, however, will be getting a class trip after all, travelling to Springfield, Illinois, and St. Louis, Missouri, from May 20-22. “I am really excited for the trip that is planned,” said Mr. Jeff White, social studies teacher who has led and organized the class trip for nearly two decades now. White noted that students seem excited too, with over 75% of the senior class signed up to go. The seniors will leave campus at around 7:15 on Thursday, May 20, and drive to Springfield, where they

will visit historical sites, including the Illinois State Capitol and Lincoln’s tomb. Springfield is, of course, where the 16th President first came to political prominence. “I’m so excited,” said senior Valerie Disselkoen. Afterward, the buses will continue to St. Louis, where students will be staying at the Drury Hotel at the Arch. The hotel is within walking distance of the iconic Gateway to the West Arch, one of the stops planned for the trip. While in Missouri students will visit various attractions, including Union Station, the St. Louis Aquarium, the St. Louis Zoo, and the Gateway Arch National Park. Afterward, the trip will take an unconventional turn as students and chaperones visit the Six Flags Amusement Park in St. Louis. “I’m really excited to go to Six Flags,” said Isabella Verastegui, a senior.

Illiana hosts Preview; 80 guests attend event

Madie Ceponis
News Editor

Illiana Christian High School hosted Preview Illiana, a recruitment event for potential students, on Saturday, April 10, for the first time this year. Preview offers incoming freshmen the opportunity to ask students and teachers questions, to tour the school, and to learn more about the academic program and extracurricular activities. Junior Matthew Smits, a tour leader, said, “We hope that through the [teen] volunteers, the kids who are thinking about joining easily relate and understand since it is real students talking about what high school is like at Illiana.” Senior Bella Verastegui, another volunteer, said, “Preview is such a great experience for incoming freshmen, or even just underclassmen who want to learn more about Illiana, to really have an inside look on how much of a community and family we really are.” Prospective students and their families toured both of the gyms, the music room, art room, the makerspace, and the academic wing, each tour being led by a teacher along with a Student Council representative. Junior Adam Gibson shared his testimony about life at ICHS. He said, “I tried to give a direct honest look of what we have to offer to the possible incoming freshman.” 80 guests representing 28 different families attended the event. The school will host a second Preview on Tuesday, May 13 at 7p.m. Currently 42 guests from 16 families pre-registered.



Class of 2020 seniors pose together at the prom that nearly didn’t happen. Photo by Matthew Huizenga

Student battles eating disorder, fight not over yet

Rachel Bultema
Co-Editor in Chief

“90 calories in a medium red apple. 140 calories in a small bag of nacho cheese Doritos,” counts Andrea*. “At this point in my life, I have the calories of at least 30 different foods or meals ingrained in my head. It’s a sick little party trick”.

Andrea is your typical well-rounded student: involved in numerous sports and extracurricular activities, with a full life outside of school, loving family. Happy. But, below her surface brews a storm. While juggling everything that life throws at her, Andrea’s mind stays focused. Thoughts about how to stay below the caloric limit she has set for herself consume her thoughts as she fights the urge to consume more than her limit dictates because she knows what awaits her if she does: purging and restriction.

This has been the cycle for a few years now: being aware of the calories being consumed and those being worked off.

“I noticed that I started to fall into disordered eating behaviors in eighth grade... I began to focus more on my health and my

appearance, which included focusing on what I was eating so that I wasn’t ‘undoing’ the work I was putting in at the gym... In my later years of high school, it began interfering with my daily life, whereas in my early high school years and eighth grade, it played a role on the side.”

She began downloading more calorie counting apps onto her phone to ensure that she wasn’t going over her self-imposed limit.

As the thoughts of food began to overtake Andrea’s thoughts, she stayed silent on the matter, telling nobody. Though nobody approached her about it either because, as Andrea puts it, no one has ever noticed or suspect-

ed. Andrea remarks, “I am an average size human being. No one would look at me and think that I used to be, and sometimes still am, controlled by food.”

S h e h o p e s

to drive home the point that it may not be visible someone is struggling with an eating disorder.

“You can’t tell physically that I’ve had a problem, I doubt anyone ever will. In culture today, it is so normalized to

not eat lunch or for one to call themselves anorexic, so because I am not gaunt, no one will notice.”

Andrea cannot recall gaining or losing any amount of weight quickly, which can be a sign of an eating disorder.

“I was not eating the healthy amount... but if I thought about the fact that I ate ‘a lot,’ I would vomit to give my brain peace about it.”

This line of thinking grew her disordered eating into a cycle of restriction and

binging.

Even after a few years of struggling, food still consumes Andrea’s thoughts. An active social media presence wasn’t the root of the issue, but it did help to perpetuate her disordered eating.

After years of struggling and fighting, Andrea has sought recovery and is working through her eating disorder with her therapist.

“I chose to say something and work through it because it overtook my thoughts.... Something had to change because I couldn’t handle the stress I was putting myself through.”

She enjoys food she’s avoided for a long time and, another important step in recovery, she is working love her body as it is, not as she wishes it to be. As Andrea works through her eating disorder, she hopes to find the peace she seeks. “God never gives you a struggle without a purpose behind it.”

Despite the challenges that her eating disorder, Andrea seems to remain hopeful about the plan God has in store for her.

**Name has been changed to protect the individual’s identity.*



Identifying eating disorders

Sophia Thompson
Sports Editor

High school is a time of transition of growth for teenagers and many different changes can happen during their high school years, especially as a teenager develops more independence. The high school years can also be a sensitive time for students who may be vulnerable to developing an eating disorder. Society places pressure on teenagers, especially girls but also boys, about the way their body should look. A study done by Polaris Teen Center (PTC), a mental health center in Texas, showed that 50% of teenage girls and 30% of teenage boys use unhealthy weight control behaviors.

Another study by PTC showed that 69% of females ages 10-18 state that photographs of models and celebrities in the media have motivated their “ideal” body shape. This pressure can cause unhealthy eating habits which can lead to more serious problems like an eating disorder. Over twelve eating disorders exist,

and they can manifest in various ways. The main types of eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder.

Anorexia nervosa shows itself in two main ways: people who suffer from it completely starve their bodies and/or over exercise their bodies. Suffering an extreme fear of gaining weight and an inaccurate view of their body shape and condition, they deny themselves necessary nutrition. The condition can be fatal.

Another broad type of eating disorder is bulimia nervosa. People with bulimia get themselves caught in a binge and purge cycle. They will eat a lot of calories, but later regret it because of the fear of gaining weight. To get rid of calories and prevent weight gain, people with bulimia may use different methods. For example, some may regularly self-induce vomiting while others misuse laxatives, weight-loss supplements, diuretics or enemas after bingeing. Other people rid themselves of calories through

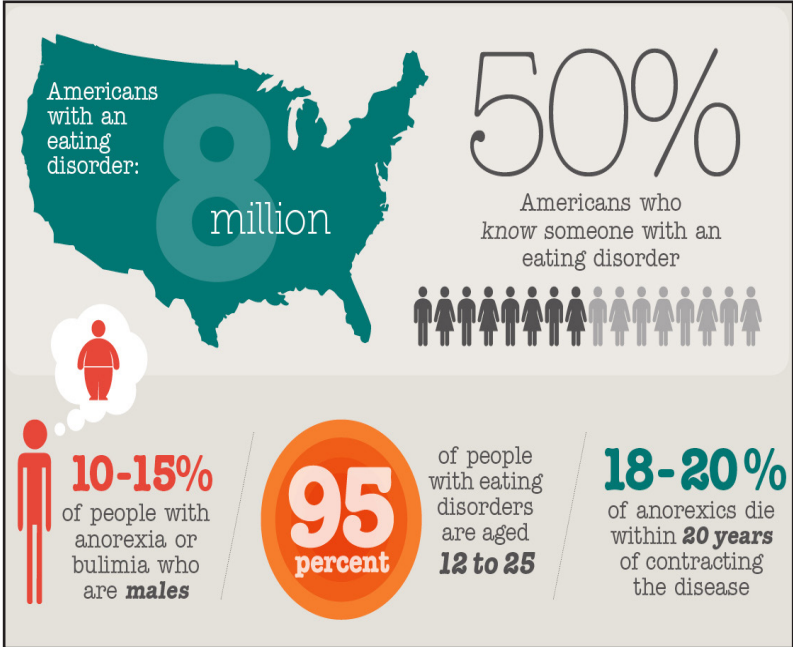
fasting, unhealthy dieting, or excessive exercise.

The third general kind of eating disorder is binge eating disorder. People with this disorder will overeat consistently. They may eat the appropriate number of calories for an entire day in one meal or snack session, and then they repeat the process again two, three, or four times in a day. Binge eating is the most common eating disorder in the United States, according to the National Eating Disorder Association. This disorder causes it victims to be overweight and often times obese.

Helping someone who might struggle with an eating disorder should look like this: learn about the person, know what you want to say before talking with him or her, set a private time to talk, be honest, use “I” statements, stick to facts, be firm yet caring, avoid overly simplistic solutions, prepare for negativity, encourage the person to seek professional help, and tell someone else like a counselor or parent about the problem, according to PTC.

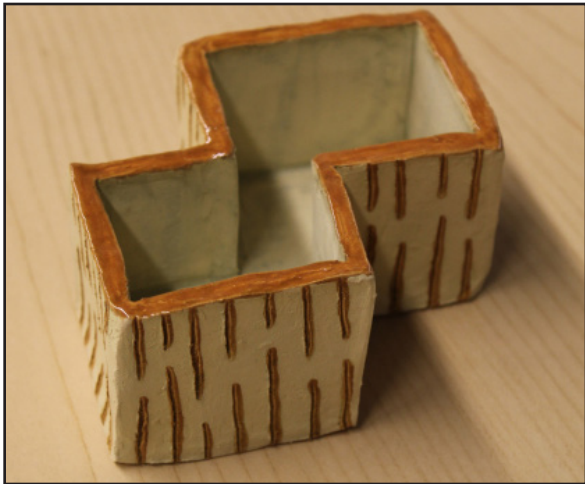


Graph reveals information about the demographics of those who struggle with a binge eating disorder. Graph courtesy of therecoveryvillage.com



mysouthernhealth.com presents information about eating disorders to parents. Graph courtesy of mysouthernhealth.com

Students show off talent in fine arts competition



Alyssa Kramer won first in the ceramics competition with her piece "Eye of the Tiger."



Gabby Albanese won best in show with her drawing "Athena."



Michael Moore, Jr. and Kevin Truong won first in the vocal ensemble competition with their performance of "Waving Through a Window."



Liv Tambrini won first place in the drama competition with an excerpt from Romeo and Juliet.



Heidi Gorter won first in the piano competition with her performance of "Midnight Rhapsody."



Priya Sen won first place in the sculpture competition with her piece "Identity."



Thijs vanBelle won first with his dot drawing "Call me Dottie, and ya Die."



Jenna O'Brien won first in the solo vocal competition with her performance of "I Dreamed a Dream."



Nolan Bouwman and Elliot VanDerGriend won first in the instrumental ensemble category with their performance of "Grand Duo for Violin and Viola, Op. 69, No. 1--Allegro Spiritoso."



Olivia Wegner won first with "flower" in the printmaking category.



Christine DeYoung won first in the solo instrumental competition with her performance of "You'll Never Walk Alone."

plants in concrete

Not well equipped for growth
The seed will plant its roots
Sending them where they will go
Go somewhere where they will grow
Taking care round wires
Being kind near cracks
Chugging along in the concrete city
Finding refuge in tire tracks
The plant does not belong here
The weed does not fit in
But thinking deeper of it
Does Anyone
Are there people who truly thrive
Are do they just get by
Are there people living life
Or are they trying no to die
Does anyone live happily
Or merely just survive
Taking life with every wave
Keeping afloat
Keeping alive
Every chance of rescue
Is thwarted due to pride
Of people treading the water of strife
Their weight is their hubris
I can do it their water wings
Cockiness and Confidence
Slowly fill their lungs
Drowning them as they sing
Their song of reassurance
For themselves and all their friends
I will do it
I have time
No they can't
No they don't
But much like plants
In the heart of cement
With just the right nutrients
They will make it through the night
Once the sun begins to rise
And the tide slowly recedes
Breathing is much easier
Their established roots plant firm
And the warm sun shines
On a weary face
Showing growth
Surpassing pain

Ally Tillema won second place in the poetry category.



Photo by Jeff DeVries

Freshman Isaac VanderWoude beats the pitcher to the bag for a lead-off single against Hobart on April 7. The Vikings won the game.

Great pitching, solid hitting propel baseball team's success

Gracie Jania
Reporter

After missing last season due to COVID, Illiana's varsity baseball team has roared back into action, so far capturing wins and just one loss to tough Andrean team on April 26.

And so far, the team has done wonders staying on top. Senior Fletcher Bandstra contributed to the team by hurling a no-hitter against LaCrosse on April 22.

Varsity Baseball coach Jeff VanderWoude has taken the opportunity to teach his players about baseball as well as fundamentals that are applicable off the field, including purpose, integrity, humility, selflessness, relentlessness, accountability, grit, and resilience.

"To be able to genuinely care about the success of others and the team above yourself is a key component to baseball and life," VanderWoude said.

The team was already practicing hard to get in shape for the season. Beginning in November, the boys were doing early morning speed and conditioning workouts and weight lifting after school four days a week.

VanderWoude said, "Our aspiration for the baseball program is to give these young men a place they can come and push themselves to be the best version of themselves, not only as ballplayers but as Christian men."

Sophomore Kevin Corcoran, a pitcher and outfielder, said, "We've competed well as a team a lot better than I expected."

"Baseball's been my sport since I was like four years old," said junior Ian VanBeek, a pitcher and outfielder. "If I didn't have baseball, I don't know what I'd do with myself."

Overall, the boys said that they hope to compete at State Finals and take home the gold.

Golf has good start

Madie Ceponis
News Editor

On Saturday April 12, Illiana finished 10th out of 18 in Harrison High School Invitational. Senior Weston Beauvais with 99, Junior Don Woo with 101, Junior Ben Bruinsma with 103, Junior Wesley Olthof with 104 and Sophomore Zach Davids with 111.

Olthof said of his score for this match, "It is always nice to play for a score but I am not an all star by any means. We have guys who can take my place. I really like that about our team this year. No one is a stand out player, so it keeps things competitive and keeps us focused."

On Wednesday April 14, Illiana won against Wheelerby a score of 197 to 225. The top 4 low scores were Beauvais with 48, Woo with 49, Bruinsma with 50 and Zander Wheemoff with 50. Bruinsma commented on his score for this match that he "was personally proud of that given that over my years on the golf team [he's] made steady improvement on many of the aspects of [his] game and seeing the fruits of [his] labor, so to speak, was very rewarding." Bruinsma said he hopes to continue to contribute good match scores.

Illiana placed 10th out of 15 in the Marquette Catholic High School Invitational on April 17. Low scores in this tournament were Davids with 97, Woo with 100, Beauvais with 104 and Olthof with 107.

Junior Eddie Lagestee said, "My hope as a teammate is to motivate and push my teammates while practicing and playing in a match."

Despite injuries, girls track team does well

Sophia Thompson

Sports Editor

Illiana girls track has been running, throwing and jumping very well this season. "I've been really happy with both my own performances and the whole distance squads, we've been hitting new personal records almost every race which is always really exciting for us," said Senior Kate Ohm.

They have competed in three meets this season so far and were able to host one at Illiana thanks to the help of Illiana staff and parents which, according to Ohm, "was an amazing opportunity I am really thankful for. It means a lot to the team to be able to host a meet, especially as a senior."

At their first meet at Washington Township the

team took first place. The team also took third at their Hanover meet. They have taken top ten at all of their meets.

The team is composed of 58 girls. There have been some injuries but the team is still managing to compete. The team is excited they have been given the opportunity to have a season since COVID took it away from them last season. Senior Kendal Taylor said, "I feel so blessed that we are able to come together as a team and have fun and compete while glorifying God."

"The season ends soon so as a senior I am just trying to soak up my last few weeks on a team at Illiana," added Ohm.

I am excited to see how the team does at the Highland invitational, if we perform the way we have been, I think its gonna be really cool," said Taylor.



Photo by Jim Kamphuis

Freshman Janna vanBelle throws shotput at their meet at Washington Township Wednesday, April 7.



Photo courtesy of Jill Rozendal

Senior Ben Ritzema jumps to serve the ball at the Miller tournament in Noblesville against Floyd Central High School on March 20.

Volleyball team continues to show improvement

Madie Ceponis

News Editor

The 2021 Illiana Boys Volleyball team is maintaining a record of 14-7 for this season. This month has consisted of four events. On April 15 they played two matches against Chesterton and won both of them, Senior Kyle Clark led the team with 10 kills and Senior Ben Ritzema with 17 digs on defense. Senior Ben Ritzema comments on the season , “The most rewarding thing about being on the team is the progress. You just have to always keep a positive mindset because the second you start getting in your head is when the other team gains momentum and it is very difficult to come back from that.” On April 17 in the Lawrence

North Big Cat Tournament, the boys won the tournament, beating Angola 2-0 , Westfield 2-1, and Herron 2-0. On April 20 the team had a total of 29 kills, 19 aces, 25 assists and 43 digs winning against Marian Catholic 3-0. Senior Jaxon Smit commented on their matches this season , “We have been a little mixed up recently due to mixed up positions but everyone is back and we’re better than ever. I have high hopes for us in possibly going to state in all honesty.” On April 22 , the boys won 2 out of the 3 matches against Chesterton. Senior Ethan Reynhout said, “I think we stand out on the court by the way we act and how we speak on the court. We are there to play the game and show the love of Christ by how we act.”

Softball team plays with grit

Aubrey Porter
Reporter

The varsity softball team has had an eventful season thus far. They went undefeated until Thursday, April 15 with their first loss and have a current record of 6-3. Coach Nicole Wondaal said she is pleased with her team's performance on the field as well as

their interactions with each other. “We have a team personality that reflects the values of Illiana softball : determination, integrity, and grit,” Wondaal said. She added that they have been able to compete with every team they have played, saying she is proud of them and their composure. Some aspects that the team will continue to work on are their defense, ability to “play

clean,” and their consistency on offense. From a player’s perspective, junior shortstop Amanda DeBoer said that she is ecstatic to be back on the field again after missing out on last year's season due to the school’s shutdown. “We have a great group of girls and are having a lot of fun throughout all of the wins as well as the losses,” DeBoer said.

Balanced attack leads boys track team to success

Sophia Thompson
Sports Editor

Boys track has competed in four meets so far this season. They are doing well in all of them, placing in almost each division every meet. The distance team faced some challenges after losing senior Justin VanProoyen for about two weeks because of a concussion. “We’ve been hurting a little bit without him but now that he’s back we are excited to whole off again,” said junior Brady Vroom. The team’s throwing group has also been steadily improving all season. “I’ve been really proud of the rest of the guys this year too; our throwers



Photo by Jim Kamphuis

Freshmen Owen Bandstra passes the baton to his teammate Jarvis Mickles while freshman Josh Turkstra passes the baton to sophomore Sam Kooistra. The team is looking forward to their next meet, the Highland Invitational because they will be exposed to new competition. This is also the team’s biggest meet of the season.

Tennis team comes up aces in early play

Hailey Ross
Reporter

The Illiana girls tennis team had a great start to the season with an impressive record of 7-1. “I think that the whole team is doing well,” said junior Haley VanDrunen. Coach Rob Lagerwey said, “They are a great group of athlete who never give up.” After losing the season last spring, these girls are unphased. And part of what is making them successful, they claim, is the fun they are having. “I love my team. They are so fun, plus I want to get better and learn,” said freshman singles player Avery

Olthof. Junior Alyssa Buczkowski said, “When playing in doubles, you get to know that one person better and there’s more companionship as you get to know each other’s game.”

Despite their early success, the girls plan to work hard. “There will be a lot of teams that have different competition levels, so [we know] it will get harder,” said VanDrunen.



Photo by Jeff DeVries

Sophomore Josie Plank kneels down to hit the ball over the net a their match against East Chicago Central High School April 13.

Male Athlete of the Month

Senior Ben Ritzema has played on Illiana’s boys volleyball team all four of his years at Illiana. Ben is the labaro for the boys varsity team. Ritzema had 17 digs on defense at their matches against Chesterton High School on April 15. “Ben loves the game and is always trying to improve. His passion for competition is extremely encouraging,” said teammate Ethan Reynhout, a senior. “He pushes his teammates to get better. He is also a great leader on and off the court. He is an amazing labaro for our team and we are lucky to have him.”



Female Athlete of the Month

Senior Kendal Taylor, a shotput and discus thrower for the girls track team this year, has been showing amazing perseverance so far this season. Taylor has participated with Illiana’s track program for three years of her high school career. Taylor showed amazing talent at the meet Illiana was able to host. During the shotput event, Taylor performed an amazing feat: on three consecutive throws, she set three consecutive personal best records.l “Kendal is an amazing teammate and I am so happy she is playing track this season. She brings such a light and fun atmosphere to every meet, and practice,” said teammate Kate Ohm.

Editorial

Finding legacy outside of ourselves

Illiana recently adorned the gym with the phrases “Our Future” and “Our Legacy,” describing what our sports teams have won in Illinois and what we can win in Indiana. The new decorations, however, beg the question, what is our legacy?

As individuals, can we find our legacy in a gym, competing to win a game or title? Can we find our legacy in accolades and awards? One day, in thirty years, or fifty, we will be far out of high school and will likely not remember which Illiana teams won or lost. Our legacy does not lie within the trophy case. In fact, it may not even lie within the walls of the Illiana gym.

Nor is our legacy found in our conquests in any other field. No test score, music performance, drama production, or GPA will leave a lasting mark.

Our only lasting legacy is love.

Taking a look at those who have come before us, not many of us have the privilege of knowing our great-grandparents. Yet they were only three generations before us. We do not know how many points

they scored or whether they won their homecoming game. We don’t know if they were good students or not. Like them, we will be forgotten by the time our great- grandchildren come into existence. In eighty years, not only will our accomplishments not matter to us, but they will not matter

What we do out of love creates a lasting legacy, though not one we necessarily get to see. It’s something that we can begin but over which we ultimately have little control.

to anybody. If we try to create a legacy of accomplishments--wins, losses, trophies--we will disappear. What we do for others, however, will leave a mark. The love we give lives on through ourselves and through others.

What we do out of love creates a lasting legacy, though not one we necessarily get to see. It’s something that we can begin but over which we ultimately have

little control. The pieces of ourselves that we give away become our legacy. The love we give shapes another and goes on to shape another, until eventually there are bits and pieces of ourselves in people that we have never even met. That is our legacy.

Librettist Lin Manuel-Miranda wrote about this

We can spend our time chasing cheers and praise from others because of our gifts and talents, but they do not last. We can try to create some sort of makeshift legacy for ourselves to enjoy and remember when we reflect on the “glory days,” but it will not last. Legacies are not meant to be to benefit ourselves.

Many of our ancestors emigrated to the U.S. from another country. They sacrificed the life they knew in order to try to give their posterity a better one. We see the lasting impacts today.

Our great-grandparents and great-great-grandparents, though we may not know their names, worked hard to secure an education for their children, a legacy we see today as we sit in the comfort of Illiana.

Very few people know the name Daniel Burnham, but millions flock to enjoy his lakefront parks in Chicago even if they don’t know who he was. His glory goes forgotten, but the love he poured into planning the city of Chicago burns to this day.

Love, given without ceasing or thought to ourselves, will be our legacy.

Knowledge

is power

Her neighbors pelted her with rocks, dung, and insults as she walked to school, and her parents kicked out of the house. Because she had dared to educate girls, she was disowned by her parents and ridiculed by her neighbors. Nevertheless, she persisted. She was Savitribai Phule, India’s first female teacher.



Olivia Oostema
Co-Editor in Chief

Long before she was an educator, poet, and social reformer, Savitribai was a nine-year-old illiterate girl married off to her husband, Jyotirao, who was thirteen. Her husband and his friends taught Savitribai to read and write, and she enrolled in two teacher’s training programs. In 1848, after receiving her education, she and her husband founded the first school for girls in India. Eventually, the two persuaded townspeople to send their children to their school by informing them on how educating young women benefits their children.

Their persuasion was so effective that more girls attended Savitribai’s school than boys attended government schools. Soon her one school grew into three schools. Then eighteen. The schools educated hundreds and paved the way for many other women to become active in society. One of her students, Tarabai Shinde, went on to write pamphlets and continue Savitribai’s fight against discrimination.

Despite this great victory, there was still work to be done. In a letter to her husband, Savitribai described the time she prevented the lynching of a man condemned to die for being in a relationship with a woman of a lower caste. She persuaded the violent mob by pointing out the consequences of carrying out their “murderous plan” under the British law. “They changed their mind after listening to me,” she said.

Savitribai’s education enabled her to cool down a murderous mob, and her quick-thinking saved the man’s life. And that is just one way she used her education to help those around her. Besides opening many schools and teaching her students, Savitribai fought for women’s rights at a time in which they were nonexistent, worked to abolish discrimination based on caste, and started a shelter for women to prevent infanticide and promote adoption. She also wrote poems like “Go, Get Education” in which she encouraged people to get educated in order to free themselves.

Savitribai died from the bubonic plague in March of 1897 after caring for people infected with the disease at a clinic she had opened with her son Yashwant. She was sixty-six. Her service-oriented life and incredible dedication is an example we should all try to follow in. Although most of us will not use our education to do anything as groundbreaking as Savitribai in our lifetimes, that doesn’t mean we shouldn’t try. Whether it’s something as simple as tutoring underclassmen or as daunting as going to medical school is up to you.

Education changed Savitribai’s life, and she was determined to use that education to change the lives of others. Let us do the same.

the

Echo)))

Editors-in-chief

Rachel Bultema

News

Olivia Oostema

Madie Ceponis

Feature

Rachel Bultema

Arts

Olivia Oostema

Sports

Sophia Thompson

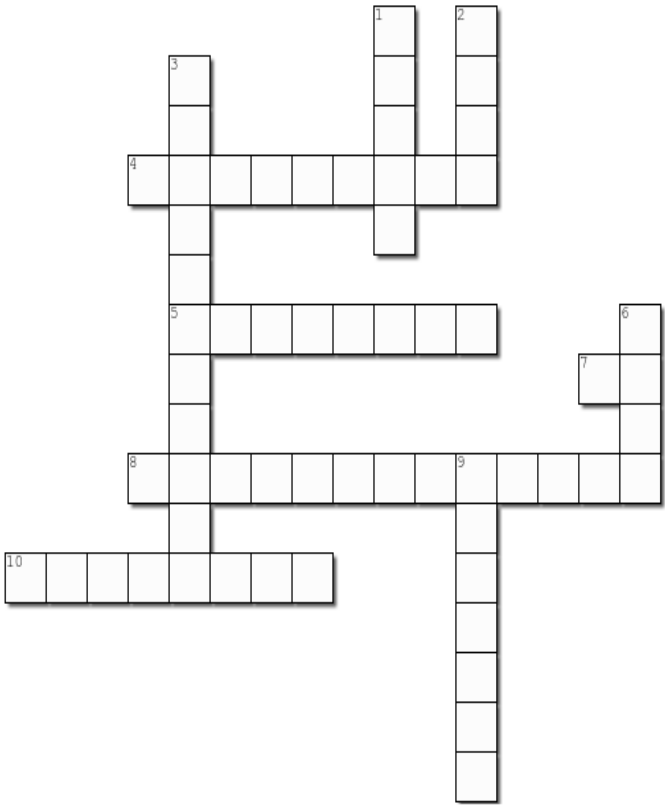
Advisor

Jeff DeVries

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.

Look for crossword clues throughout the Echo!



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 4. What is power
- 5. The title of the winning sculpture piece
- 7. The day when Illiana students serve the community
- 8. The female athlete of the month
- 10. A food served at the Pancake Pacer

Down

- 1. The first name of the student who won first in the piano category
- 2. Where we find our legacy
- 3. The male athlete of the month
- 6. The number of track meets the boy's team has competed in
- 9. Where one of the mission trips went

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